



GREENVILLE POLICE DEPARTMENT
3000 LEE ST. GREENVILLE TX 75401
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TO TEST APPLICANT: This instruction sheet is designed to provide detailed information to the applicant regarding the Greenville Police Department's Physical Ability Test. You will find information regarding necessary clothing and a detailed description of the entire test. Any questions regarding the test will be answered on test day. **DO NOT CALL HUMAN RESOURCES TO ASK QUESTIONS ABOUT DETAILS OF THE TEST.**

Physical Ability Test (PAT) Testing Detail

The Greenville Police Department's Physical Ability Test (PAT) is divided into two phases: 1) Blood Pressure/Pulse safety pre-screen 2) The obstacle course which consists of seven job related dynamic tasks which are combined into one physical ability course. All seven tasks must be completed. Each task is detailed in the description below and a schematic of the test is provided on the last page.

Blood Pressure/Pulse safety pre-screen Phase

Prior to the obstacle course, each candidate must have their blood pressure and pulse checked by a person designated by the Greenville PD (Usually this will be a Greenville Fire Department EMT/Paramedic). Candidates must be cleared by the EMT/Paramedic prior to attempting the PAT. Candidates that exceed the following benchmarks will not be allowed to take the test without prior written approval from a medical doctor.

Blood Pressure

160 Systolic
100 Diastolic

Pulse

120 BPM

Obstacle Course Phase

Location

Testing is conducted indoors, normally at the Reecy Davis Sr Indoor Recreation Center located at 4320 Lee St, Greenville, TX 75401.

Uniforms and Clothing

Each test applicant should wear clothing appropriate for temperature conditions the day of the test. The Greenville Police Department recommends applicants wear comfortable jeans or other long pants (preferably something with belt loops for an inner belt), a T-shirt with short or long sleeves (sweatshirts are permitted, but not required) and athletic shoes suitable for court activity or cross training (distance running shoes are not recommended). Once the applicant has been cleared to participate at the test site, a test administrator will outfit the subject with a weighted belt used to simulate the Greenville Police Department's duty belt and a protective body armor vest (net weight ~12 pounds). Test applicants will wear this equipment while taking the PAT. To minimize tripping hazards, subjects will wear athletic shoes (running shoes are not recommended)

in lieu of service boots. There are several sizes of weighted belts on hand to ensure every subject has properly fitting equipment.

Obstacle Retry

If a test applicant fails to properly negotiate an obstacle and such attempt would constitute disqualification as determined by the PAT assessment team, a second attempt at the obstacle will be granted. The assessor will, immediately upon judging that an obstacle was not successfully negotiated: 1) notify the test applicant of the failure to negotiate the obstacle properly, 2) explain how to successfully negotiate the obstacle, 3) answer any questions the applicant may have about the obstacle, and 4) allow a second chance to successfully negotiate the obstacle. Time will not stop because an obstacle was not properly negotiated. The retry applies to all obstacles, however, Task 1 (Barrier Surmount) allows for two retries.

Obstacle Course Tasks

TASK 1

Sprint & Barrier Surmount: From the starting position (kneeling weapon-fire ready position), subject sprints or runs 112' to the barrier. For this task the subject is required to surmount a 5-foot solid-faced, wood barrier using his/her hands, arms and legs to lift and pull himself/herself over the wall. Subject then sprints or runs another 47' through a second set of cones and moves to the Stair Climb task. Subjects may not use the barrier side supports or have any other assistance. They will be allowed three attempts to clear the barrier. If they cannot surmount the barrier in three tries, they will be disqualified and the test terminated.

Assessment Elements		
Job Tasks	Physical Abilities	REQUIRED EQUIPMENT
Pursuing someone on foot	Depth Perception	5 ft Climbing Wall
Jump/climb over obstacles	Agility	4 Cones
Regain feet after falling/being knocked down	Coordination	
Jump down from elevated surface	Balance	
	Core power	
	Upper/Lower body strength	

TASK 2

Stair Climb: For this task the subject climbs and descends a total of 24 steps (12 steps up and 12 steps down). The subject must use every step up and down. Skipping steps may result in disqualification.

Task 2 Assessment Elements		
Job Tasks	Physical Abilities	REQUIRED EQUIPMENT
Pursuing someone on foot	Depth Perception	Stairs obstacle
Walking/ Running up/down Stairs	Agility	
	Coordination	
	Lower Body Strength	

TASK 3

5 Foot Jump Obstacle: the applicant continues around the next set of cones, runs 117 feet and jumps the five foot obstacle (designed to simulate a ditch, or other opening-type obstacle). The officer's feet (foot) cannot land within the marked obstacle perimeter.

Task 3 Assessment Elements		
Job Tasks	Physical Abilities	REQUIRED EQUIPMENT
Pursuing someone on foot	Depth Perception	5' X 3' Wood Frame or Tape
Jumping across obstacles	Running Speed	2 Cones
	Agility	
	Lower Body Strength	
	Core Strength	
	Ability to Jump	

TASK 4

18 Inch Barrier Jump: the applicant continues to jog/walk 12.5 ft and negotiates two eighteen-inch jump barriers. These barriers are intended to represent small obstacles such as curbs.

Task 4 Assessment Elements		
Job Tasks	Physical Abilities	REQUIRED EQUIPMENT
Pursuing someone on foot	Depth Perception	4 Cones
Jumping over obstacles	Coordination	2 small barrier boxes – 18”H
	Agility	
	Balance	
	Lower Body Strength	
	Core Strength	
	Ability to Jump	

TASK 5

Pursuit Run: The applicant continues for another 85 ft. to this task and then runs/jogs in a "V" pattern around a set of three traffic cones a total distance of approximately 475 feet (five excursions of 80 feet each between cones placed 80' apart). Upon completion of the Pursuit Run task, subject jogs/walks to Task 6.

Task 5 Assessment Elements		
Job Tasks	Physical Abilities	REQUIRED EQUIPMENT
Pursuing someone on foot	Stamina	3 Cones
Negotiating Obstacles	Agility	
	Coordination	
	Balance	

TASK 6

Victim Rescue: Subject jogs/walks through the cones marking the entrance to the victim rescue task in the center of the drag area and approaches the 176-pound mannequin for the victim rescue drag of 30 feet (*). The subject squats at the mannequin's head, places his/her hands under the mannequin's head/neck, and raises the mannequin's torso into a seated position. The subject grasps the mannequin by hooking both arms under the mannequin's armpits and clasps his/her hands in front of the mannequin's chest, if possible. Subject then lifts the mannequin using a "squat" type of lift involving his/her legs and maintaining the natural curve of the back in a safe lifting motion. Once the subject has elevated the mannequin, he/she begins a rearward walking movement keeping the torso of the mannequin at chest level (with the mannequin's "feet" dragging on the ground) until the mannequin's feet cross the end line. Once the mannequin's feet are across the line, the subject drops the mannequin and runs/walks to Task 7.

(* **Note:** The key discriminator for the Victim Rescue is the requirement to "lift and carry" the mannequin. It is vital to assess the potential to rescue/extricate and move a fellow officer or civilian to safety, to assess potential to manage the grab/wrestle/restrain functions, or to manage the lift/carry functions. Applicants are provided an alternative method of dragging the entire mannequin by the collar rather than the "lift and carry" method. This method will be demonstrated for each test applicant prior to the test.

The victim rescue course is designed so that after each subject drags the mannequin, reset is accomplished by merely turning the mannequin around so that its head is pointing down the dragging course.

Task 6 Assessment Elements		
Job Tasks	Physical Abilities	REQUIRED EQUIPMENT
Physically Control Person	Balance	6 Cones
Pull/Drag Person	Core Strength	
Lift and Carry Person	Lower/upper body strength	
	Ability to recover from fatigue	

TASK 7

Trigger Pull: Subject walks/jogs about 30 feet from the finish of the victim rescue to the trigger pull stand. Subject picks up the unloaded/cleared weapon from the weapon holster and pulls the trigger 13 times with each hand. Test time stops with the 26th trigger pull. Once finished, the subject replaces the weapon in the holster. While pulling the trigger, the subject should have the barrel of the weapon inside of the ring. The barrel is not allowed to touch the ring. If it does so once, a warning will be issued. If it does so a second time, the subject will be disqualified. Prior to the test, the weapon should be placed in the holster mounted on or near the ring stand. The 9" pie ring (stovetop trim ring) should be attached to a vertical pole or equivalent such that the base of the ring is 54" from the ground (see schematic).

Task 7 Assessment Elements		
Job Tasks	Physical Abilities	REQUIRED EQUIPMENT
Properly using and controlling firearm	Hand Strength	9" Pie Ring
	Stability	

Hydration

The Greenville Police Department believes all applicants will have more success if they are properly hydrated prior to taking the PAT. The Greenville Police Department recommends all applicants consume at least one 8-ounce cup of water immediately after completing the test and another 8 ounce cup of water approximately 20 to 30 minutes afterwards to re-hydrate themselves. The recreation center has a water fountain that is for all applicants use. Applicants may bring other non-alcoholic beverages of their own choosing.