



Physician's Clearance to Participate in
Physical Abilities Test

Name: _____

Dear Physician:

The purpose of this communication is to inform you of the above-named individual's intentions with regards to participation in the Physical Abilities Test (PAT) for the Brevard County Sheriff's Office. It must be emphasized that we are not asking you to assume responsibility for the participant while participating in this test; we merely want to have as much information as possible when making decisions concerning applicability of testing.

The test program will consist of a series of physical abilities tasks conducted at our training site. The battery of job-related field tasks is intended to be completed in the fastest possible time and will require maximum effort by the participant. Tasks are designed to measure balance, muscular endurance and strength, flexibility, anaerobic power and capacity, fine motor skills and aerobic power. Tasks will include two 220 yard runs, dragging a 150-pound object 100 feet, jumping over obstacles (12-24 inches high), climbing over a wall (40 inches high), two 50-foot sprints and movement around a series of pylons. (See pages 2 and 3 for additional details regarding the tasks.)

I have examined this participant and his/her medical history. Based upon my evaluation, and within a reasonable degree of probability, no medical condition or disorder exists that precludes _____ from participation in the Physical Abilities Test as described.

Signature of Physician

Date

(Signature expires one year from date signed)

Physician's Office Stamp

Thank you for your cooperation.

Brevard County Sheriff's Office phone 321-264-5308

Brevard County Sheriff's Office
Physical Abilities Test

Please wear attire appropriate for completing the tasks described below:

The Physical Abilities Test (PAT) is designed to assess physical attributes that reflect core enabling knowledge, skills, abilities, and essential tasks, common for law enforcement and corrections officers. The PAT is conducted in a time dependent continuous flow manner and determines the participant's level of physical condition and aerobic capacity. The following series of tasks measure specific job essential physical abilities:

1. Exiting a vehicle/opening a trunk
2. Running 220 yards
3. Completing an obstacle course
4. Dragging a 150-pound dummy
5. Obstacle course
6. Running 220 yards
7. Dry firing a weapon six times with each hand
8. Placing items in a trunk/entering a vehicle

Participants begin the PAT seated in a full-size automobile with their seatbelt on, their hands on the steering wheel at the ten and two o'clock positions. Each participant wears a pull away flag belt, with a flag over each hip, around his or her waist. The trunk key is in the vehicle's passenger's side seat. A handgun and a baton are lying in the vehicle's closed trunk.

Time starts when the participant begins *Task 1*:

Task 1:

Remove your hands from the steering wheel, unfasten the seat belt, and retrieve the key from the passenger's side seat. Get out of the car and go to the trunk, (car door is left open) insert the key, unlock, and open the trunk. (You must use the key to open the trunk.)

Remove each flag with the opposite hand, from behind your back. Remove the handgun and baton from the trunk. Close the trunk, leaving the key in the lock. Move toward the bench or stool. Place the handgun on the stool; keep the baton.

Task 2:

Run 220 yards on a flat surface toward the obstacle course.

Task 3:

Enter the obstacle course. Climb over a 40" wall. Run ten feet. Jump over three hurdles (24", 12", and 18") spaced five feet apart. Run ten feet and enter the serpentine. Run through 9 pylons placed in a single row, 5' apart. Run ten feet toward the low crawl. Drop to the ground and crawl eight feet under a 27" open-air barrier. Drop the baton beside the last low-crawl pylon.

Task 4:

Stand up and sprint 50'. Grab the 150-pound dummy and drag it 100' on a cut grass surface.

Task 5:

Drop the dummy and sprint 50' toward the pylons. Drop into a low crawl and pick up the baton. Enter the obstacle course in reverse. Low crawl eight feet under a 27" high open-air barrier. Stand up and run ten feet toward the serpentine. Run in a serpentine manner through nine pylons placed in a single row, five feet apart. Run ten feet and jump over three hurdles (18", 12", and 24"). Run ten feet. Climb over the 40" wall.

Task 6:

Run 220 yards.

Task 7:

Place the baton on the bench. Pick up the handgun. Assume a proper firing position and fire six rounds using dominant hand. Fire six rounds with the supporting hand.

Task 8:

Pick up the baton (keeping the gun) and run to the trunk, turn the key, and open the trunk. Place the weapon and baton inside the trunk. Close the trunk and remove the key from the lock. Run to the driver's side door and enter the vehicle. Close the door and place the key back on the passenger's side seat. Securely fasten your seat belt. Place your hands on the steering wheel at ten o'clock and two o'clock positions.

Time ends when the participant completes *Task 8*:

Participants must complete the course in 4 minutes 30 seconds.

