

## **FAIRFAX COUNTY POLICE DEPARTMENT PHYSICAL ABILITIES TEST**

All applicants must pass the Physical Abilities Test (PAT) in order to proceed to the next phase of the Police Officer and Police Cadet employment process. The PAT includes a weapon manipulation test, two obstacle courses, a leg endurance test, and an arm strength test.

### **WEAPON MANIPULATION TEST**

Part One of the weapon manipulation test is the trigger pull. You must complete 13 trigger pulls without dislodging the dowel rods and an additional 7 trigger pulls without the top dowel rod, all within 25 seconds. You repeat this part of the test using each hand.

Part Two of the weapon manipulation test is slide manipulation. Gripping the weapon with your strong or dominant hand you draw the slide to the rear and lock it open, then release the slide, then finally de-cock the weapon using the de-cocking lever. You must do this three times within 30 seconds.

### **OBSTACLE COURSES**

The next stage of the PAT consists of two obstacle courses. Both obstacle courses are timed and the combination of the two times must be 62 seconds or less.

The first obstacle course simulates physical tasks involved in chasing, apprehending, and handcuffing a suspect. On the command “go” you will:

- Run to a table and move an object from one box to another
- Jump over a curb and run around a cone
- Duck under a barrier
- Run to another cone and change direction
- Run up a flight of stairs, circle the cone at the top, run back down the stairs
- Run a straight course of 42 feet around to a 200 pound sled
- Push the 200 pound sled 3 feet
- Run to the set of mats and pull together two weighted boxes

The second obstacle course simulates how fast you can exit a vehicle, move quickly to a scene, and rescue a victim, all while wearing a ballistic vest. On the command “go” you will:

- Unbuckle your seatbelt
- Run and jump over a barrier
- Run to a cone and change direction
- Duck under a barrier, change direction again
- Run a serpentine course back to the vehicle
- Unbuckle the seatbelt on a 150 pound dummy
- Pull the dummy out of the simulated vehicle and drag it 15 feet across the floor to a marked finish line

### LEG ENDURANCE TEST

The next stage of the PAT is the leg endurance test which measures aerobic capacity. Sitting on a stationary bike you pedal for 2 minutes at a set rate of 130 watts. Timing begins after you reach a pedaling speed of 90 RPM. You must maintain this speed for 2 minutes. You get only one attempt at this exercise.

### ARM STRENGTH TEST

The final stage of the PAT is the arm strength test. This test measures static strength and evaluates the maximum force you exert for a brief period of time. For this test you stand on the floor plate, keeping your back and legs perfectly straight, you hold the curl bar with your palms facing up and exert a steady upward force until told to stop. You do this three times.