

Arkansas Law Enforcement Training Academy

Physical Ability Test (PAT) Protocol

The Physical Ability Test (PAT) will be conducted three times during the basic law enforcement academy. The first test will be administered during week 2, second during week 7 and the final test during week 11. Students will be required to report in appropriate physical training attire as was described during the registration orientation. The orientation for the P.A.T. will be conducted by an Academy staff member.

The orientation will consist of the following:

- an explanation of the course;
- an explanation of the purpose of the course;
- an explanation of the success criteria for the course, and;
- a demonstration by an Academy staff member or designee of the course.

Students will be allowed to ask for clarification of any issue concerning the course prior to beginning. Students will be queued prior to participation in the order in which they complete the cumulative exam. All students will be required to participate in the PAT. Each student will be allowed one attempt to complete successfully the PAT course.

Staff Protocol

Only Academy staff members who are experienced in the conduct of the PAT will be allowed to conduct the course or act as spotters. Two (2) Academy staff members (one [1] per student) will be required to oversee, direct and time the students on the PAT course and act as spotters. Two (2) students will participate on the course simultaneously in a staggered manner. One (1) Academy staff member will be responsible for accurately recording each student performance result, recording each student ability result (e.g., the failure to negotiate any/all obstacles).

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Academy staff members or student under supervision of staff, one (1) each, will be assigned to act as spotters at the following obstacles that have been identified as prone to cause injury due to poor execution:

- the stair climb;
- the chain-link fence, and;
- the wall/window.

The staff member or student assigned as the spotter at the wall/window is also responsible for the retrieval and placement of the 150 lbs. bag. Academy staff members assigned as spotters are NOT to assist any student with the execution of the obstacle, but to provide safety assistance to mitigate the possibility of injury.

The Course

The standard for successful completion of the PAT will be for the student, unassisted during the event, to complete the course in two minutes and six seconds (2:06).

A time penalty (two [2] seconds added) for failure to negotiate the low crawl or the ditch jump will be imposed and added to the student's cumulative score. Failure to negotiate any obstacle and/or to stop continuous motion will NOT constitute a "failure".

Students will be allowed three (3) attempts to successfully negotiate obstacles (e.g., stairs, fence, wall/window). At each failed attempt, the instructor will tell the student to back-up to a designated point in attempt to gain momentum to negotiate the obstacle. Following a third failed attempt at a given obstacle, the student will be instructed to walk around the obstacle and finish the course in order for the student's time to be recorded for purposes of the comparison of performance (time) to ability (non-negotiation of obstacle[s]).

A minimum of three (3) Academy staff members will be required to conduct the PAT course. The duties of the assigned staff are as follows:

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- Two (2) Academy staff members will serve as course guides, timekeepers and spotters.
- One (1) Academy staff member will serve as the time recorder, student coordinator.
- Three (3) Academy staff members or students under supervision will serve as spotters at selected obstacles (stair climb, chain link fence and window/solid wall) – spotters are critical to the maintenance of safety.
- Spotters will NOT assist the student with the execution of the obstacle, but will provide safety assistance to mitigate the possibility of injury.
- All PAT results will be recorded in the physical training results database for purposes of analysis.

The course has been designed for set-up in a gymnasium and occupies two-thirds of a regulation basketball court when fully deployed. The course could be set-up indoors or outdoor depending on the space allotted and the weather conditions.

Course Description:

The course measures a total of 870 feet (290 yards/ 265.2 meters). The course consists of a series of nine interspersed individual tasks, arranged in a continuous format that are viewed as being essential (physical) job-tasks for law enforcement training:

- running;
- jumping (low hurdle);
- climbing stairs;
- low crawling;
- jumping (broad-type);
- climbing a fence (chain-link/four feet);
- climbing through a window;
- moving/dragging a weight (150 pounds);
- changing direction on the run.

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The trainee starts the course at a point, indicated in green on the course map.

The course is outlined as such:

- The student runs one and $\frac{3}{4}$ laps around the perimeter of the course
- The first obstacle encountered in the interior consists of two low hurdles, one and a half feet high and four feet long, placed 13 feet apart.
- After clearing the hurdles, stairs (five steps up to a 32-inch wide landing, 45 inches above the floor, and five steps down) must be negotiated twice (note that each step has a 7.5 inch rise and tread that is 11 inches wide). The student must touch at least 2 steps going up and 2 steps coming back down.
- Once the stair event is completed another low hurdle must be cleared; the student must then successfully negotiate a low crawl under an obstacle set at 2 $\frac{1}{2}$ feet above the floor.
- Make a turn and clear a ditch simulation that is six feet in width.
- After another turn, a chain-link fence (four feet in height) must be climbed.
- Two additional turns made, and a four-foot high window (opening is 3' wide x 4.5' high) must be successfully entered.
- The student must then drag a 150-pound dead weight a distance of 20 feet.
- After the weight drag, the student exits the course, completes one final lap around the perimeter and finishes at the point indicated in red on the course map.

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Time Penalty Methods

There are two (2) time penalty methods employed throughout the conduct of the PAT. These are described and contrasted below.

1. At all obstacles (stair climb, chain link fence, window/solid wall), with the exception of the low crawl and ditch jump, each student is allowed a maximum of three (3) attempts to negotiate each respective obstacle – failing the third, the student is instructed to walk around the obstacle and continue on the course. Most students are capable of negotiating each obstacle on the first attempt. If, however, additional attempts are necessary, they are attempted while the clock is running and results, therefore, in a “self-imposed” time penalty.

2. The time penalty for failure to negotiate successfully the low crawl and ditch jump (six feet in length) is an added two (2) second penalty for each failure. These are “staff imposed” penalties. These penalties are added to the cumulative score (time) of a given student upon completion of the course.

Note: included in item #2 is a two (2) second penalty for failure to negotiate (knocking over) a low hurdle.

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Percentile for 2023

Note: these percentiles were derived from students and instructors from the entire 2023 year at both Northwest, Central, and East Camden campuses.

Percentile	
95	01:22.000
90	01:25.217
85	01:29.069
80	01:32.432
75	01:35.055
70	01:38.022
65	01:40.014
60	01:42.188
55	01:44.915
50	01:47.140
45	01:49.000
40	01:50.876
35	01:54.105
30	01:57.997
25	02:01.580
20	02:06.5
15	02:13.2

Note: For example a student's time that was 1:31.28 would be in the 80th percentile of students and instructors tested, where as a time of 2:13 or higher would be worse than 15 percentile.