

Arizona Peace Officer Standards and Training

Basic Curriculum Lesson Plan

LESSON TITLE: PHYSICAL TRAINING - ADDENDUM "C" - PAT PROGRAM PROTOCOLS 8.3

SUBJECT:	Physical Conditioning – Addendum “C” – Program Protocols
AZ POST DESIGNATION:	8.3
HOURS:	1
COURSE CONTENT:	Outlines the procedures for facilitating the Physical Ability Test (PAT) obstacle course including specifications for constructing the various obstacles used throughout the course.

LESSON TITLE: PHYSICAL TRAINING
ADDENDUM “C” PROGRAM PROTOCOLS

PAGE: 2

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INSTRUCTOR REFERENCES:	FLETC Journal, Volume 5, Issue 2, Fall 2007 (Addendum D)	
CLASS LEVEL:	Student	
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I. INTRODUCTION

- A. Instructor – (self) introduction.
- B. Each academy will tailor its rules and regulations to fit its needs. The following is a continuance of the physical conditioning (PC) program. This is provided as a guideline.
- C. Successful completion of the PAT with a qualifying score of 2:06 or better is required for graduation/certification.
- D. Although not mandated by AZPOST, an academy may elect to utilize the PAT as an academy entrance standard to establish baseline fitness levels.

II. PHYSICAL ABILITY TEST (PAT)

- A. Established by the South Carolina Criminal Justice Academy (SCCJA) in 2006 following a job task analysis.
- B. Validation study published in Federal Law Enforcement Training Study article (see Addendum D).

III. PHYSICAL ABILITY TEST - TIMING

- A. Initial Assessment
 - 1. Recruits will have their first exposure to the PAT during the **FIRST WEEK** of the academy.
 - 2. This assessment will provide academy staff with a snapshot of each student’s physical ability, which should inform their training program for the remainder of the academy.
 - 3. Students will complete this assessment at the beginning, middle, and end of the academy class.
 - 4. It is recommended that students review the video of the obstacle course and perform a walkthrough prior to completing the test to ensure they are familiar with the course.
 - 5. Academy staff must report PAT scores to the AZPOST Basic Training Unit in addition to the scores from any other PT assessments performed during the academy.
- B. Midpoint Assessment
 - 1. At the **MIDPOINT** of the academy, each student will perform the PAT with a maximum of two attempts to establish their best time.
 - 2. It is recommended that students review the video of the obstacle course and perform a

walkthrough prior to completing the test to ensure they are familiar with the course.

3. Academy staff must report PAT scores to the AZPOST Basic Training Unit in addition to the scores from any other PT assessments performed during the academy.
4. If the student passes PAT with a time of 2:06 or less, the student will have fulfilled the graduation/certification requirements and is not required by AZPOST to complete the final assessment scheduled for the last four weeks of the academy unless the Academy Staff require a final assessment.

C. Final Assessment

1. In the **FINAL FOUR WEEKS** of the academy, each student that has not previously posted a passing score on the PAT during the midpoint assessment, shall complete the PAT assessment. The student shall record a time of 2:06 or better for graduation/certification.
2. Once again, it is recommended that students review the video of the obstacle course and perform a walkthrough prior to making their first attempts to ensure they are familiar with the course and they have the best opportunity to make improvements.
3. Academy staff must report PAT scores to the AZPOST Basic Training Unit in addition to the scores from any other PT assessments performed during the academy.

IV. FACILITATING THE PHYSICAL ABILITY TEST

A. General Rules

1. Advise all students that if injured or ill, they are to immediately notify a staff member.
2. Students who appear ill or injured will not be allowed to participate in physical conditioning.
3. A supervisor will evaluate the circumstances to determine if a doctor's release will be required before allowing the student to participate in physical conditioning.

B. Injury Prevention Guidelines

1. Due to the dynamic nature of the PAT, all sessions must be preceded by a proper warm-up including exercises that mimic the movement patterns utilized during the assessment in order to prevent injury. For example:
 - a. Low intensity cardiovascular effort (ex: 400 meter jog).
 - b. Joint range of motion (ROM) (ex: Head rotations, arm circles, ankle rotations).

- c. Plyometrics (ex: High knees, Butt Kickers, High Skips, Lateral Lunges, Grapevine/carioca).
 - d. Speed/Explosive warm-up (ex: 3-5x 50 meter sprints at 60 percent).
- 2. Additionally, all exercise sessions and assessments must be followed by a minimum of 5 minutes of static stretching to promote proper recovery.

C. PHYSICAL ABILITY TEST PROTOCOLS

- 1. Completion of the course must be preceded by an explanation and demonstration of the course. A minimum of one (1) certified AZPOST Physical Fitness Instructor must be present during the facilitation of the assessment.
- 2. Mandatory staffing is as follows:
 - a. Two (2) academy staff members will be tasked with timing and directing students through the course, in addition to documenting penalties (if any).
 - b. One (1) academy staff member will record times for all students at the completion of their attempts.
 - c. One (1) staff member must be present at the following obstacles to act as spotters for the safety of the students:
 - i. The stair climb.
 - ii. The chain link fence.
 - iii. The wall/window.
 - d. 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.
 - e. Spotters may also be utilized at the dummy drag to support the student and to reset the dummy after each attempt.
- 3. COURSE RULES
 - a. 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) or less.**

- b. A time penalty of **2 seconds** will be added for failure to negotiate the low hurdles, low crawl, or falling short on the ditch jump. A time penalty of **4 seconds** will be added for bypassing the ditch jump entirely.
- c. These penalties 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”.
- d. Students must attempt to negotiate each obstacle for its intended purpose. Students that fail to attempt the obstacle for the purpose that it is testing, will be removed from the course and explained the procedure for attempt. The student will then be given another attempt at the course.
- e. Students will be allowed **three (3) attempts** to successfully negotiate the stairs, fence climb, and wall/window climb. The clock will keep running through multiple attempts.
- f. At each failed attempt, the instructor will tell the student to back-up to a designated point in an 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]).

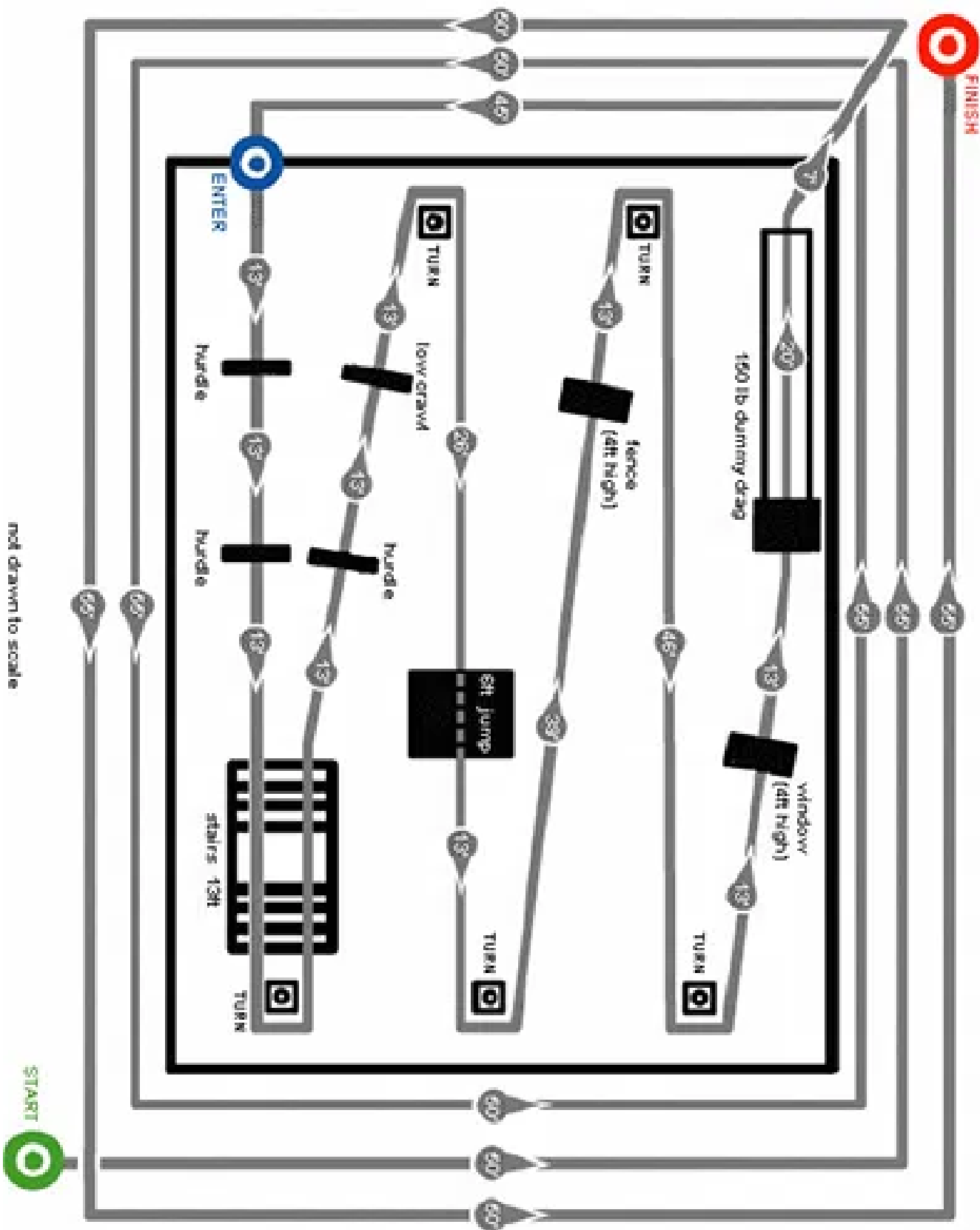
4. COURSE DESCRIPTION

- a. 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 may be set-up indoors to allow for the control of environmental factors. The course may also be set up outdoors.
- b. 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 simulates essential (physical) job-tasks for law enforcement training:
 - i. Running.
 - ii. Jumping (low hurdle).
 - iii. Climbing stairs.
 - iv. Low crawling.

- v. Jumping (broad-type).
- vi. Climbing a fence (chain-link/four feet).
- vii. Climbing through a window.
- viii. Moving/dragging a weight (150 pounds).
- ix. Changing direction on the run.

5. COMPLETING THE COURSE

- a. The student starts the course at a point, indicated in green on the course map.
- b. The student will run one and $\frac{3}{4}$ laps around the perimeter of the course.
- c. 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.
- d. 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 may skip steps while ascending the stairs, but must touch each stair while descending or they must redo the stairs.
- e. 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.
- f. Make a turn and clear a ditch simulation that is six feet in width.
- g. After another turn, a chain-link fence (four feet in height) must be climbed.
- h. Two additional turns made, and a four-foot high window (opening is 3' wide x 4.5' high) must be successfully entered.
- i. The student must then drag a 150-pound dead weight a distance of 20 feet.
- j. After the weight drag, the student exits the course, completes one lap around the perimeter and finishes at the point indicated in red on the course map.



V. CONCLUSION

- A. Final questions and answers.
- B. Instructor closing comment(s)

Here are the measurements for the obstacles used in the PAT:

The South Carolina website has specific details on set up and facilitation of the test (<https://sccja.sc.gov/pat/>).

Here is a link to the PAT website which outlines the course and protocols for facilitating the test. The measurements for the obstacles in the course are as follow:

The boundaries for the course are 50' x 55'

Three (3) low hurdles (1.5'x 4' each)

One (1) low crawl obstacle 2.5' high (no specified width)

Staircase 32" wide landing, 45" above the floor with five steps on each side
each step has a 7.5" rise and a 11" wide tread for grip

Simulated 6' ditch jump - 6'x4'

Chain link fence - 4' high and 3' wide

Window - bottom at 4 feet, actual window dimensions are 4.5' high, 3' wide

The only deviation from the measurement is the use of the 165lbs dummy.