

## PHYSICAL ABILITY TEST

Another change coming from POST on January 1, 2021, is the Physical Ability Test (PAT) that will be required for each candidate enrolled in a basic law enforcement course attending any law enforcement academy in the state. POST worked hand-in-hand with the Georgia Public Safety Training Center (GPSTC), and other agencies, to develop this test.

POST executive director Mike Ayers, along with members of the staff from GPSTC, travelled to the South Carolina Criminal Justice Academy in Columbia, SC, to view their test and to watch several students run the course. The PAT has been validated and approved by the Federal Law Enforcement Training Center and is now the POST approved PAT for all basic law enforcement candidates.

The test is basically a timed obstacle course. See the map below. The course is just a few feet larger than half of a basketball court and **must be completed in 2 minutes, six seconds or less.**

The candidate starts with 1 3/4 laps around the outside of the course and then enters, following the pattern shown on the map. They must jump two small hurdles, climb a flight of stairs, descend the flight of stairs, go around a cone and continue back up and down the stairs again. The candidate jumps over more hurdles and must go under a bar that is 2 ½ feet high. If they fail to negotiate the low crawl correctly, there is a two-second time penalty. More running and a leap across a simulated 6-foot gap representing a large ditch. If either foot hits the tape, there is another two second time penalty. The candidate can opt to skip the jump and take the two second time penalty as well.

Running back across the floor, the candidate must negotiate a 4-foot-high chain link fence panel, round the cone and run back across the floor. Now the candidate must climb through a standard sized window, which is four feet high, and, once safely through it, drag a 150-pound dummy a distance of 20 feet until the dummy is across the designated line. Now, one more lap around the outside of the course and they are finished.

SEE MAP OF COURSE ON NEXT PAGE

