STATEMENT OF FITNESS
For Participation In
PHYSICAL ABILITY TESTING

Washington State Criminal Justice Training Commission
19010 1st Ave South
Burien, WA 98148-2055
Phone: 206.835.7299
blearegistrar@cjtc.state.wa.us
coaregistrar@cjtc.state.wa.us

PHYSICAL ABILITY TEST (PAT)

This section describes the physical training component of the Basic Training Division. Each recruit is expected to demonstrate and maintain an acceptable level of physical fitness throughout their Academy assignment. For this purpose each applicant will be expected to participate in a Physical Ability Test (PAT) involving sit-ups, push-ups, 300-meter sprint (BLEA only), 1.5 mile run, and meet the applicable standards of each test. To ensure suitability for these types of activities, we suggest that all applicants be examined and approved for participation by a licensed Physician (M.D, D.O.) within six (6) months of the scheduled testing date. To view the Basic Training Division's Physical Ability Guidelines, please visit our website and choose the applicable academy type.

PROPER USE OF PHYSICAL FORCE (Arrest, Control and Defensive Tactics)

Academy Arrest/Control/Defensive Tactics training curriculum requires each student to be actively involved in the training described below. Consequently every student will act as both the officer and violator in applying and receiving techniques used to restrain resistive and aggressive individuals. Students will be required to have techniques applied to them during training. Various activities will include but not be limited to:

- **Arrest, Control & Defensive Tactics training for up to six continuous hours with only minor breaks**
- **Full Range of Motion movement of the spine, knees, shoulders, elbows, wrists, and fingers to the point of pain**
- **Grabbing, wrestling, restraining, and maneuvering resistive partners to the ground or a wall**
- **Being taken to the gymnasium floor by the arm and handcuffed behind the back**
- **Striking a heavy bag with elbows, knees, open hand kicks, and punches**
- **Bending, reaching, crouching, climbing and/or crawling under and over a variety of obstacles while conducting room/vehicle searches and/or firing a handgun**

These techniques will be applied and experienced repeatedly over several hours a day, on numerous days during the training. These actions will place repeated stress on the joints of the spine, knees, shoulders, elbows, wrists and fingers as well as all associated muscles. Students will sustain moderate to high impact on all parts of the body, specifically the thorax, abdomen, and upper/lower back. Training is designed to ensure the safety of the student who is free from health issues and/or physical limitations.

AGENCY ADMINISTRATOR STATEMENT

I have reviewed the description of physical training components **(above)** for the: Choose Academy Type:
and based upon my direct knowledge, believe that the Applicant (print) _____ has no physical limitation which would preclude full and active participation in such programs.

Name & Title of Agency Administrator or Designee: (Please print)

Name: _____ **Title:** _____

Signature of Agency Administrator or Designee:

Signature: _____ **Date Signed:** _____

APPLICANT STATEMENT (This form is valid for thirty (30) calendar days from the last Physical Ability Test)

I have reviewed the description of physical training components **(above)** for the: Choose Academy Type:
and believe that I have no existing physical limitations that would preclude me from fully and actively participating in such programs nor limit my participation in the Physical Ability Test (PAT).

Applicant Signature: _____ **Date:** _____