



# WASHINGTON STATE CRIMINAL JUSTICE TRAINING COMMISSION

Susan L. Rahr, Executive Director

19010 1st Avenue South • Burien, WA 98148 • Phone: 206-835-7300 • [www.cjtc.state.wa.us](http://www.cjtc.state.wa.us)

## **Corrections Officers Academy (COA) PHYSICAL ABILITY TEST (PAT) GUIDELINES**

---

In order to comply with WAC 139-10-212 "Physical Requirements for Admission to Basic Correction Academies," Academy applicants are required to demonstrate a requisite level of fitness for training purposes prior to entrance.

### **WAC 139-10-212 Physical Requirements for Admission to Basic Correction Academies**

Each successful applicant for admission to a basic corrections officers or juvenile corrections officers academy sponsored or conducted by the commission must possess good health and physical capability to actively and fully participate in defensive tactics training and other required physical activities. In order to minimize risk of injury and maximize the benefit of such participation, each trainee in any academy session must, as a precondition of his or her academy attendance, demonstrate a requisite level of physical fitness, as established by the commission.

For this purpose, each academy applicant must be evaluated in the assessment areas of aerobic capacity, strength, and flexibility, in accordance with the requirements and procedures established by the commission. Such evaluation will be based upon composite performance ratings in the overall assessment as established by the commission.

Failure to demonstrate a requisite level of fitness within the overall assessment will result in ineligibility for academy attendance and completion.

Studies conducted by the Criminal Justice Training Commission concluded that a more physically fit student not only does better in Defensive Tactics training, but also is less likely to be injured during academy training activities. The Corrections Division PAT measures aerobic capacity, strength, and flexibility using three events: push-up, sit-up, and a 1.5-mile run.

## PHYSICAL TRAINING COMPONENTS

---

Each student will be actively involved in acquiring skills necessary to execute techniques used to restrain aggressive individuals. Various training activities will include, but not be limited to: Bending, reaching, crouching and/or crawling in the application of mechanical restraints or under and over bunks and other furniture while conducting a cell search or vehicle search.

Defensive Tactics Training requiring each participant to apply techniques used to control and/or restrain aggressive individuals. As a training partner, participants will also be required to have techniques applied to them. Various techniques will include but not be limited to:

- Restraining hostile individuals and maneuvering them to the floor or to the wall
- Compression or extension of the wrist and forearm to incur pain compliance
- Being taken to the gymnasium floor by the arm and handcuffed behind the back
- Taking others to the ground by the arm and handcuffing them behind the back
- Kicking, punching, elbowing striking, knee striking, and palm heel striking a heavy bag
- Flexion and extension of the back and spine
- Defensive Tactics training for up to 4-8 hours at one time

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 and muscles of the abdomen, back, neck, knees, shoulders, wrists, and elbows. Participants will sustain moderate to high impact on all parts of the body, specifically the chest, abdomen, oblique's, and upper/lower back.

These techniques, if properly applied, are designed to ensure the safety of the student who is free from health problems or physical limitations.

## PROTOCOL

---

The test is conducted in the following sequence: Push-up, Sit-up, and 1.5 Mile Run

**PUSH-UP:** Measures the muscular strength/endurance of the upper body, particularly the shoulders, chest, and triceps (back of upper arm) used in high intensity defensive tactics training and application. This is a critical component of the proper use of force involving pushing, grabbing, and breaking one's fall to the ground, as well as getting back up off the ground.

**SIT-UP:** Measures the muscular strength, endurance, and flexibility of the torso muscles of the abdomen. The torso muscles are some of the most used muscles in the body. They bend and twist the torso and generate power in many of the control tactics taught at the academy, as well as performing other activities that involve the use of force. These muscles are also important for maintaining good posture and minimizing lower back problems.

**1.5 MILE RUN:** Measures cardio-respiratory endurance or the aerobic capacity needed in extended control and prolonged defensive tactics training. This is important for performing activities involving stamina and endurance such as prolonged use of force events, rigorous and continuous training classes 4-8 hours in length, and minimizing the risk of cardiovascular health problems.

**SCORING**

---

In order to pass the PAT, the participant must earn 120 points from three events. The participant can score only the number of points listed in the range for each event. The participant earns “O” points if they do less than the minimum number of repetitions for the event. The participant does not earn more points if they do more than the maximum number of repetitions for the event. **It is not mathematically possible to earn 120 points and pass the test if the participant fails any one of the events.**

**Physical Ability Test (PAT) Tool**

This is what one needs to get on their run in order to pass the PAT. For example, applicant does 21 pushups and 17 sit-ups, therefore in order to pass the PAT, the applicant will need to run a 17 min: 39 second run or faster.

# PUSHUPS	# SIT-UPS						
	12	13	14	15	16	17	18
15	16:40	16:45	16:51	16:56	17:01	17:07	17:12
16	16:45	16:51	16:55	17:01	17:07	17:12	17:17
17	16:51	16:55	17:01	17:07	17:11	17:17	17:23
18	16:55	17:01	17:07	17:11	17:17	17:23	17:27
19	17:01	17:07	17:11	17:17	17:23	17:27	17:33
20	17:07	17:11	17:17	17:23	17:27	17:33	17:39
21	17:11	17:17	17:23	17:27	17:33	17:39	17:43
22	17:17	17:23	17:27	17:33	17:38	17:43	17:49
23	17:23	17:27	17:33	17:38	17:43	17:49	17:54

## **PREPARING FOR THE PAT**

---

Before beginning a physical exercise program it is strongly recommended that the individual be cleared by a doctor to undertake such a program. Individuals 40 years of age or older should not begin a program until they have been cleared by a doctor. The following program is progressive to allow the body time to adapt and build up. Applicants can do a self-evaluation as noted below to determine where their fitness levels are and begin a regimen to help them safely meet the standards. Delayed muscle soreness (24-48 hours post exercise) may occur as a result of any new exercise program. This soreness should only be mild in nature and should dissipate prior to the next scheduled exercise session. If significant or severe soreness exists, the subject exercised too hard and therefore should not perform any exercise (other than stretching) that stresses the affected area until all soreness has disappeared completely. Remember, this program is designed to build a person up, not tear him/her down. Subjects should pay close attention to their body for any indication of injury or over-use.

### **Conditioning Program: Push-up Test**

Determine exercise level by measuring how many pushups the subject can complete in 60 seconds:

- When performing pushups, be sure the subject continues until muscular failure occurs in the straight-knee position and then continues until failure occurs in the bent-knee position.
- If the total number is 15 or less, begin at level A.
- If the subject's total number is greater than 15, begin at level B.

Subject should work toward reaching level C below:

- Level A: 1 set 3 times a week for 1 week
- Level B: 2 sets 3 times a week for 2 weeks
- Level C: 3 sets 3 times a week until testing

### **Conditioning Program: Sit-up Test**

When training for sit-ups, be sure the subject continues until muscular failure occurs and then continues with his/her hands by the hips until muscular failure occurs again.

Determine exercise level by measuring how many sit-ups the subject can complete in 60 seconds:

- If the subject's total number is 15 or less, begin at level A.
- If the subject's total number is greater than 15, begin at level B.

Subject should work toward reaching level C below:

- Level A: 1 set 3 times a week for 1 week
- Level B: 2 sets 3 times a week for 2 weeks
- Level C: 3 sets 3 times a week until testing

### Conditioning Program: 1.5 Mile Run

Listed below is a very gradual training schedule that will allow the subject to work at maximum effort in the 1.5 mile run:

- Generally, it is recommended that the subject reach a training distance that is twice the testing level.
- Subjects should continue to increase speed and decrease time for completion of a 3-mile jog 3 times per week with a maximal speed 1.5 mile run 1 day per week.
- If the subject is able to adapt and advance more quickly than the schedule recommends, he/she should do so. However, be sure that the exercise program does not cause any undue muscle soreness or strain.

WEEK	ACTIVITY	DISTANCE	TIME (MIN.)	FREQUENCY
1	walk	1 mile	20-17	5/week
2	walk	1.5 miles	29-25	5/week
3	walk	2 miles	35-32	5/week
4	walk	2 miles	30-28	5/week
5	walk/jog	2 miles	27	5/week
6	walk/jog	2 miles	26	5/week
7	walk/jog	2 miles	25	5/week
8	walk/jog	2 miles	24	4/week
9	jog	2 miles	23	4/week
10	jog	2 miles	22	4/week
11	jog	2 miles	21	4/week
12	jog	2 miles	20	4/week
13	jog	2.25 miles	22-23	4/week
14	jog	2.5 miles	24-25	4/week
15	jog	2.75 miles	26-27	3-4/week
16	jog	3 miles	28-30	3-4/week