

Preparing for the Washington State Criminal Justice Training Commission SWAT Physical Ability Test

Whereas many training routines can be used to improve performance in the Physical Ability Test (PAT), participants should keep in mind that physical training is specific. That is, one improves in activities practiced.

If one wishes to optimize push-up performance, push-ups should be included in the training program. Many other exercises can also be included to strengthen the chest, shoulders, and arms, but push-ups should be included in the routine. Ideally, muscles and the cardiovascular system should be gradually and progressively trained over several weeks or months to achieve desired fitness gains. Physical adaptations occur gradually in response to regular, consistent overloads, i.e. doing more than your body is accustomed to doing. It is important to bear in mind that every individual adapts at a different rate- a stimulus resulting in an appropriate, moderate overload to one person may be too much or too little for another person. A participant who has been inactive for a significant period of time should plan to take six to twelve weeks to train for the SWAT PAT.

The training routine should include exercises to train upper body strength and muscular endurance, abdominal muscular endurance, leg power, cardio-respiratory endurance and anaerobic power. Strength and cardio-respiratory endurance activities should be performed about every other day, or three days per week, to allow adequate recovery and positive adaptations to occur. Anaerobic (high intensity) training should be done once per week, and can be performed instead of a cardio-respiratory training session. For flexibility enhancement, good back health, and injury prevention, stretching exercises are best performed after training session or sufficient warm up exercises, as well as on days off.

SWAT officers have unique job functions, some of which can be physically demanding and dangerous. A SWAT officer's capability to perform those functions can affect personal, team and public safety. Training for the required skills is often more vigorous and demanding than the day-to-day job functions that the uniform officer faces. Physical fitness underlies a SWAT officer's ability to perform many of the frequent and critical job tasks as well as the demanded training of skills. The minimum fitness standards identified below are the requisite levels for a SWAT officer to effectively learn the frequent and critical job skills. Higher levels of fitness are associated with better performance of physical job tasks required by the Washington State Criminal Justice Training Commission (WSCJTC) Basic SWAT Officers Course.

The SWAT PAT is comprised of four tests:

- 1.5 Miles Run (12.5 minutes)
- 35 Push-Ups (no time limit)
- 35 Sit-Ups (1 Minute)
- 6 Pull-ups (no time limit)

1.5 Mile Run will be administered first; the other tests may not be administered in the listed order.

1. 1.5-Mile Run / Jog
2. Cool-down (5 minutes)
3. PAT
 - Push-Ups, (5 minutes rest), Sit-Ups, (5 minutes rest) & Pull-Ups, (5 minutes rest)

1.5-MILE RUN

Purpose

This test is a measure of cardio-respiratory endurance (or aerobic capacity). This is important for performing tasks involving stamina and endurance and for minimizing the risk of cardiovascular health problems.

Equipment

440-yard/400 meter track or marked level course
Stopwatch (printing stopwatch is preferred)

Procedures

Instructions including description of course will be provided to the participants.

Participants will be allowed to warm up and stretch before the run.

Participants must cover the distance in 12.5 minutes.

Participants will be allowed to cool down after running the course by walking for an additional five minutes or so. This prevents venous pooling, a condition in which the blood pools in the legs. Walking enhances the return of blood to the heart and aids recovery.

Description

The 1.5-mile run measures cardio-respiratory endurance and the endurance of your leg muscles. Participants must complete the course without any help. At the start, participants will line up behind the starting line and begin together. Participants will not be timed individually – those failing to complete the course in the prescribed time will be disqualified from the SWAT course and not allowed to participate. Upon completion of the run, participants are encouraged to continue walking for 3-5 minutes to cool down.

If not running on a measured track, measure your course carefully. **Automobile odometers may not be accurate** therefore, a measuring wheel is strongly recommended.

PUSH-UP TEST

Purpose

This test measures the muscular strength/endurance of the upper body muscles in the shoulders, chest, and back of the upper arms (the triceps) used in high intensity self defense and arrest simulation training. This is important for use of force involving pushing motion breaking one's fall to the ground, use of the baton, etc.

Equipment

Standard 4 inch foam cube.

Procedures

Proper technique will be Demonstrated, pointing out common errors and proper positioning.

Participant will get down on the floor in the front leaning rest position and perform one test push-up to properly locate the foam cube at the costal arch and above the zyphoid.

Participant will lower their body until they slightly compress the foam cube and arms are at least parallel to the floor then pushes up again.

The back must be kept straight, and in each extension up, the elbows should lock. Resting in the up position (only) is allowed.

Minimum of 35 push-ups must be completed with no time limit.

Description

The push-up measures the muscular strength and endurance of the upper body (chest, shoulders, and triceps). Participants will place their hands on the ground so they are in a vertical line with the shoulders (approximately 1 – 1.5 shoulder width apart). The feet may be together, or up to 12 inches apart. The body should be in a straight line from the shoulders to the ankles, and must remain that way throughout the exercise. Participants will lower their body by bending their elbows until the upper arms are parallel to the ground and the chest compresses the foam block. Participants may rest only in the up position. Participants must complete must complete 35 correct repetitions. There is no time limit.

ONE-MINUTE SIT-UP TEST

Purpose

This test measures the muscular strength/endurance of the abdominal muscles, which are used in self-defense and high intensity arrest-simulation training. Further these muscles are important for performing tasks that involve the use of force, and it helps maintain good posture and minimize lower back problems.

Equipment

Mat
Stopwatch
Partner

Procedures

Proper technique will be demonstrated and common errors pointed out.

Participant will lie on his or her back, knees bent, and heels flat on the floor. Hands should be held behind the head or cupped over ears, with elbows out to the sides. A partner holds down the feet.

Participant must perform a minimum of 35 correct sit-ups in one minute. In the up position, the individual must touch the elbows to the knees and then return to the lying position (shoulders must touch the examiner's hand) before starting the next sit-up.

Description

The sit-up measures the muscular strength/endurance of the abdominal muscles. Lie on your back, with your knees bent at 90 degrees or tighter, and your heels on the edge of the mat. Your feet may be together or apart, but the heels must stay in contact with the floor. Your partner will sit on your feet and wrap their arms around your calf muscle area. It is your responsibility to inform your partner of any adjustments that need to be made in order to assure your comfort. Your fingers must stay interlocked behind your head or cupped over your ears throughout the event. If your little fingers are not touching that is considered "apart" or hands are removed from the ears, performance will not be counted.

Upon command of the examiner, " lifts your upper body by bending at the waist. Touch your elbows to your knees, and return to the starting position. When returning to the starting position, your shoulders must touch the examiner's hand. You may rest but only in the "up" position. Do not arch your back or lift your buttocks from the mat. You will have one minute to complete 35 correct repetitions.

PULL-UP TEST

Purpose

This test primarily measures the muscular strength/endurance of the biceps and latissimus dorsi muscle group. Because SWAT activities often involve surmounting barriers or climbing into and over barriers or windows the pronated grip, pull up is a valid measure of one of the essential tasks.

Equipment

Pull-up bar elevated 6'-8' above floor.

Procedures

Proper technique will be demonstrated and common errors pointed out. Participant must perform a minimum of 6 correct consecutive pull-ups. There is no time limit.

Description

This test measures the muscular strength/endurance of the biceps and latissimus dorsi muscle group. Participant will begin from a dead hang to a position with palms facing away grip (pronated), approximately shoulder width apart. Participants must pull their body up to the point where the chin reaches past or above the gripped bar and return to a fully extended (elbows and shoulders straight) hanging position. Participants are not allowed to kip, swing or allow their feet to touch the wall or ground. Flexing of the hips is allowed.

SCORING THE SWAT PHYSICAL ABILITY TEST BATTERY

The SWAT Physical Ability Test is a pass / fail examination. Participants must pass all four physical components of the SWAT PAT Test in order to gain acceptance to the Basic SWAT Course. Failure to successfully complete any of the four components will result in the participant's immediate disqualification and removal from the course. Course fees for those failing the PAT **will not** be refunded.