

PAT PARTICIPATION FORM

- Do not eat heavily before taking the test. If you drink coffee, tea or other caffeinated beverages prior to taking the test, we recommend you consume them in moderation prior to taking the test.
- Do not engage in vigorous exercise the day of the test.
- Do not take any self-prescribed medications, especially decongestants and antihistamines prior to the test.
- If you have been injured recently or you do not feel well, do not take the test today. We will be glad to reschedule you for a later testing date, as the Physical Ability Test is normally given twice per month.
- Clothing and shoes should be appropriate for athletic activities.
- To reschedule your appointment call (213) 473-9060

Please report to:

**City of Los Angeles Personnel Department
700 East Temple Street, 1st Floor Lobby**

The Physical Abilities Test for Law Enforcement Officer consists of the following three (3) events, administered in the following order:

1. **SIDE STEP** (Agility): You will have 10 seconds to move from one side of a center line to the other side as many times as possible – performed twice.
2. **CABLE PULL** (Strength): You will have five seconds to pull a pair of handles apart as hard as possible in a horizontal motion – performed three times.
3. **STATIONARY BICYCLE** (Endurance): You will have two minutes to pedal as many revolutions as possible against a pre-set resistance – performed once.

The score for this test is based upon the cumulative scores of all three test parts. Each test part is given a weight. That weight is then multiplied by performance score, resulting in the event score. The first two test parts are performed more than once; therefore averaging the attempts derives the performance score.

Note: For Police Department candidates only – This is the first portion of the PAT. You must successfully complete this PAT and any other required test parts of the examination process in order to be scheduled for the second portion of the PAT.

I have read this description of the Physical Ability Test and understand that the test involves physical activity which should be entered into by a person who is in fit condition. I am in suitable condition for this test.

Applicant's Signature
(Signed in the presence of a proctor)

Date

**CITY OF LOS ANGELES
PERSONNEL DEPARTMENT
PUBLIC SAFETY BUREAU**

**LAW ENFORCEMENT OFFICER PHYSICAL ABILITIES TEST (PAT)
PERFORMANCE RECORD & PARTICIPATION FORM**

DATE: _____

I.D.: _____

TIME: _____

STATE: _____

EXPIRATION DATE: _____

PLEASE FILL OUT AND BRING THIS FORM TO THE TEST SITE

SOCIAL SECURITY NO.			
NAME: LAST	FIRST		MIDDLE
PRESENT ADDRESS:	NUMBER	STREET	APT. NO.
CITY	STATE		ZIP CODE
HOME PHONE: ()		WORK PHONE: ()	
CELL : ()		PAGER: ()	

DO NOT WRITE BELOW THIS LINE

SCORE SHEET

	<u>Trial 1</u>	<u>Trial 2</u>	<u>Trial 3</u>	SCORE	INITIAL
1. SIDE STEP	_____ Lines +	_____ Lines	= _____ /2 = _____ X	= _____	_____
2. CABLE PULL	_____ lbs. +	_____ lbs. +	_____ lbs. = _____ /3	= _____	_____
3. BIKE			_____ Miles X	= _____	_____
			FINAL SCORE (Total 1-3)	= _____	_____