



POLICE OFFICER TRAINING

PHYSICAL ABILITIES TEST

The United States Capitol Police (USCP) requires all candidates to take its Physical Abilities Test (PAT).

The USCP PAT consists of a sequence of four job-related tasks, performed in a continuous manner with no stopping between stages.

1. The subject assumes the starting position, kneeling on both knees; erect posture; arms extended and hands together in a simulated weapon fire position. On the word "go", the subject rises from the starting position, unaided, and runs a slalom pattern between two sets of cones, placed 75 feet apart for a total of 375 feet.
2. The subject ascends and descends three (3) flights of stairs, completing four (4) up and down series.
3. The subject must drag a 165 lbs. rescue dummy a distance of 40 feet. The task is complete when the dummy's feet have crossed the end line.
4. The subject is handed a rendered-safe USCP training weapon. The subject performs fifteen (15) single-handed trigger pulls with each hand while holding the weapon at eye level, with the arm extended. The clock stops on the 30th trigger pull.

The maximum allowable time to complete the PAT is three minutes and fifty-two seconds (3:52). The time is the same for both males and females regardless of age. This standard must be met as a condition of graduation from the USCP Training Academy.