



# WASHINGTON STATE CRIMINAL JUSTICE TRAINING COMMISSION

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## Juvenile Corrections Personnel Academy (JCPA) PHYSICAL ABILITY TEST (PAT) GUIDELINES

In compliance with [WAC 139-10-212](#) “Physical Requirements for Admission to Basic Correction Academies,” 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 higher levels of physical fitness are positively correlated to better performance in Defensive Tactics training as well as a decreased likelihood of injury during academy training activities. The Corrections Division PAT measures aerobic capacity, and strength using three events: push-up, sit-up, and a 1.5-mile run.

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TRAINING THE GUARDIANS OF DEMOCRACY

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## PHYSICAL TRAINING COMPONENTS

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### Control/Defensive Tactics Training and Testing

All students will be actively involved in performing skills techniques used to control and restrain resistant individuals. These techniques specifically developed for use by criminal justice personnel are designed to maximize the safety of both the officer and violator. Each participant shall perform as a Defensive Tactics training partner and therefore is required to have techniques applied to them. Various training activities will include, but not be limited to: bending, reaching, and crouching in the application of mechanical restraints. More specifically:

- Physical training activity for up to 8 hours at one time
- Grab, wrestle and restrain resistant individuals and maneuvering them to the floor or to the wall
- Kicking, punching, slapping, elbowing, and knee striking
- Forced full range of motion of the spine, wrist and shoulder joints to incur pain compliance
- Being taken to the gymnasium floor by the arm and handcuffed behind the back

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, and upper/lower back.

## TESTING EVENTS

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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 up from the ground.

**SIT-UP:** Measures primarily the muscular strength and endurance of the abdominal muscles. Torso muscles are important for maintaining the posture required for many of the control tactics taught at the academy which are instrumental in controlling and restraining resistant individuals.

**1.5 MILE RUN:** Measures cardio-respiratory endurance or aerobic capacity. This is important for performing activities involving stamina and endurance such as continuous and prolonged control and defensive tactics training lasting classes 4-8 hours.

## SCORING

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In order to pass the PAT, the participant must earn a minimum of 120 points from three events. The participant can score only the number of points listed in the range for each event. The participant earns "0" points if they do less than the minimum number of repetitions for the event. Therefore, failure of any single event results in an overall test failure. The participant does not earn more points if they perform above the maximum repetitions for a specific event. Listed in the table below are the event performance levels and associated point values.

**Push-ups:** 30 points for 10 repetitions with a maximum of 50 points for 15 or more repetitions.

**Sit-ups:** 30 points for 12 repetitions, with a maximum of 50 points for 18 or more repetitions.

**1.5 Mile Run:** 30 points for running 18:17 with a maximum of 50 points for 16:18 or less.

**\*View scoring matrix next page\***

JCPA PAT Scoring Matrix.xlsx

| 1.5 Mile |        |         |        |         |        |         |        |         |        |         |        |         |        |         |        |
|----------|--------|---------|--------|---------|--------|---------|--------|---------|--------|---------|--------|---------|--------|---------|--------|
| Seconds  | Points | Seconds | Points | Seconds | Points | Seconds | Points | Seconds | Points | Seconds | Points | Seconds | Points | Seconds | Points |
| 18:17    | 30     | 18:02   | 33     | 17:47   | 35     | 17:32   | 38     | 17:17   | 40     | 17:02   | 43     | 16:47   | 45     | 16:32   | 48     |
| 18:16    | 30     | 18:01   | 33     | 17:46   | 35     | 17:31   | 38     | 17:16   | 40     | 17:01   | 43     | 16:46   | 45     | 16:31   | 48     |
| 18:15    | 30     | 18:00   | 33     | 17:45   | 35     | 17:30   | 38     | 17:15   | 40     | 17:00   | 43     | 16:45   | 45     | 16:30   | 48     |
| 18:14    | 31     | 17:59   | 33     | 17:44   | 36     | 17:29   | 38     | 17:14   | 41     | 16:59   | 43     | 16:44   | 46     | 16:29   | 48     |
| 18:13    | 31     | 17:58   | 33     | 17:43   | 36     | 17:28   | 38     | 17:13   | 41     | 16:58   | 43     | 16:43   | 46     | 16:28   | 48     |
| 18:12    | 31     | 17:57   | 33     | 17:42   | 36     | 17:27   | 38     | 17:12   | 41     | 16:57   | 43     | 16:42   | 46     | 16:27   | 48     |
| 18:11    | 31     | 17:56   | 34     | 17:41   | 36     | 17:26   | 39     | 17:11   | 41     | 16:56   | 44     | 16:41   | 46     | 16:26   | 49     |
| 18:10    | 31     | 17:55   | 34     | 17:40   | 36     | 17:25   | 39     | 17:10   | 41     | 16:55   | 44     | 16:40   | 46     | 16:25   | 49     |
| 18:09    | 31     | 17:54   | 34     | 17:39   | 36     | 17:24   | 39     | 17:09   | 41     | 16:54   | 44     | 16:39   | 46     | 16:24   | 49     |
| 18:08    | 32     | 17:53   | 34     | 17:38   | 37     | 17:23   | 39     | 17:08   | 42     | 16:53   | 44     | 16:38   | 47     | 16:23   | 49     |
| 18:07    | 32     | 17:52   | 34     | 17:37   | 37     | 17:22   | 39     | 17:07   | 42     | 16:52   | 44     | 16:37   | 47     | 16:22   | 49     |
| 18:06    | 32     | 17:51   | 34     | 17:36   | 37     | 17:21   | 39     | 17:06   | 42     | 16:51   | 44     | 16:36   | 47     | 16:21   | 49     |
| 18:05    | 32     | 17:50   | 35     | 17:35   | 37     | 17:20   | 40     | 17:05   | 42     | 16:50   | 45     | 16:35   | 47     | 16:20   | 50     |
| 18:04    | 32     | 17:49   | 35     | 17:34   | 37     | 17:19   | 40     | 17:04   | 42     | 16:49   | 45     | 16:34   | 47     | 16:19   | 50     |
| 18:03    | 32     | 17:48   | 35     | 17:33   | 37     | 17:18   | 40     | 17:03   | 42     | 16:48   | 45     | 16:33   | 47     | 16:18   | 50     |
|          |        |         |        |         |        |         |        |         |        |         |        |         |        |         |        |

| KEY  |
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| Orange score is the Mean                       |
| Minimum total score needed to pass is 120      |
| Points are rounded to the closest whole number |
| Minimum points do not allow for passing score  |

| Push-Ups |        |      |        | Sit-Ups |        |      |        |
|----------|--------|------|--------|---------|--------|------|--------|
| Reps     | Points | Reps | Points | Reps    | Points | Reps | Points |
| 10       | 30     | 13   | 40     | 12      | 30     | 15   | 40     |
| 11       | 35     | 14   | 45     | 13      | 33     | 16   | 43     |
| 12       | 40     | 15   | 50     | 14      | 37     | 17   | 47     |
|          |        |      |        |         |        | 18   | 50     |

## PREPARING FOR THE PAT

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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 improve. Prospective applicants should perform a self-evaluation as noted below to determine their fitness levels and begin a regimen to ensure they 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, it is an indication that the individual over exercised and therefore should not perform any exercises (other than stretching) that stress the affected area until all soreness has completely disappeared. Remember, this program is designed to gradually increase fitness levels with only minimal to moderate discomfort. Individuals 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 maximum number of pushups the individual can complete in 60 seconds:

- When performing pushups, be sure to continue 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 for the 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  |