



CADET PHYSICAL ABILITY TEST INSTRUCTIONS



City of Oakland
Department of Personnel
Resource Management

Our primary concern is your safety and a fair testing process. If at any time you feel you cannot or do not want to complete this physical ability test, please advise a staff member. You will be given instructions on what to do next. The city reserves the right to remove any person from the course who is reckless or at clear risk of injury.

Before the Physical Ability Test (PAT) begins, the staff members will explain each course event, and physically run through all of the events, while being timed. You will have the opportunity to observe the proper way of completing the course.

The Physical Ability Test consists of a timed series of **5** events. **The total test must be completed within 2 minutes and 35 seconds. The PAT will be terminated when you spend over 2 minutes and 35 seconds, or fail 3 attempts at Fence Climb or Ditch Jump.** A failing grade will be given if you are unable to complete one or more of the five events in the allotted time.

Event Information

- 1. Cone Maze:** While running through the cone maze, you **may not knock** over or move any of the cones from their original position. If you do, you will be asked to put the cone back to its original position. The additional time you use to do so will be counted toward your overall qualifying time.
- 2. Fence Climb:** You will be required to climb a 5-foot fence. You **may not** use any of the supports on either side of the fence to aid you in climbing the fence. You will have **3** attempts to climb over.
- 3. Ditch Jump:** After the fence climb, you will run and jump over a simulated 4-foot ditch. You **must not** contact the ditch area (rubber mats) at anytime. You will have **3** attempts to jump over.
- 4. Stair Climb/Window Entry:** When climbing the stairs and going through the window, you must **touch every step** on both the front and backside of the simulated window frame. You may use any part of the window frame to brace yourself in order to help facilitate your climb through the window frame.
- 5. Dummy Drag:** In order to pass this event, you must drag a dummy around the designated orange marker and return it to its original location (the entire dummy crosses the black tape on the floor). Once you have returned the dummy to its original location, it will be to your advantage to run as quickly as you can to the handcuff simulation platform. Your timed run will end when you **touch** the handcuff simulation platform. **Note:** *Most applicants find it easier to handle the dummy by positioning their arms underneath the dummy's armpit areas and around the front of the dummy's chest.*

Candidates who successfully complete the course in the allotted time will take the Phase One Psychological Written Test. The test will take between 2-4 hours. **You will need a valid photo ID and a Physical Ability Rating Sheet, in order to take the Phase One Psychological Written Test.** At the end of the test, you will receive further instructions regarding the continuing selection process.

Visit www.opdjobs.com for dates and times for the Practice Physical Ability Test.