

Fort Worth Police Department Physical Ability and Work Simulation Assessment:

(approved April 26, 2023)

The physical assessment(s) utilized by the Fort Worth Police Department to assess a candidate's ability to satisfactorily perform the physical essential job functions for individuals applying for the rank and/or position of entry level officer was developed by the consulting firm of Morris and McDaniel.

The assessment is based on a thorough job analysis of the physical tasks performed for individuals applying for the rank and/or position of entry level officer in the City of Fort Worth.

The assessment shall consist of two separate events.

1. **Physical Resiliency Assessment (PRA):** Each event timed separately.
 1. **1.5-mile run (1.5MR).** The 1.5MR is a timed event in which a candidate runs 1.5 miles around a defined track, as determined by the Police department. This assessment is intended to measure aerobic fitness. **Passing time: 17 minutes, 51 seconds or less – Pass/Fail only.**
 2. **Push-ups (PU).** The PU is a maximum effort, timed event (1 minute). This assessment is intended to measure upper body strength. **Passing score: 11 or more in 1 minute – Pass/Fail only.**
 3. **Sit-ups (SU).** The SU is a maximum effort, timed event (1 minute). This assessment is intended to measure abdominal and hip-flexor strength. **Passing score: 22 or more in 1 minute – Pass/Fail only.**
 4. **500-meter row (500mR).** The 500mR is a timed event in which a candidate rows 500 meters on a fly-wheel air rower, damper setting of 5, as provided by the Police department. This assessment is intended to measure total body anaerobic fitness. **Passing time: 2 minutes, 27 seconds or less – Pass/Fail only.**
2. **Physical Ability Test (PAT):** The physical ability assessment required by the Fort Worth Police Department is designed to measure the police applicant's ability to perform the essential functions for individuals applying for the rank and/or position of entry level officer. There are two elements for the PAT:
 1. **Timed Event.** Tasks 1-4. Passing time: 2 minutes, 45 seconds or less – Pass/Fail only.
 2. **Untimed Event.** Task 5. Pass/Fail only.

Timed Event. The timed event is continuously-timed, and comprised of four tasks completed in this order:

The applicant performs the PAT wearing a weighted vest of approximately 14-17 pounds intended to replicate the standard issue gear of a Fort Worth police officer.

1. **Sprint and Barrier Surmount.** From a kneeling, weapon ready position, the applicant must rise without the assistance of hands/arms, run approximately 60 feet which includes a 90 degree turn and scale a 6-foot chain link fence. Run approximately 40 feet to Task 2.
2. **Pursuit Run with Curb Hurdle and Stair Climb.** Run approximately 300 feet in a "figure 8" pattern with a 12-inch hurdle and stair climb the equivalent of a four-story building. Run approximately 20 feet to Task 3.

3. **Physical Restraint Task/Power Training Machine (PTM).** The PTM replicates the dynamic force, strength, and endurance necessary to restrain a 180-pound individual. Grasping a rope attached to the handle of the machine, apply enough pulling force to lift the weights, and then rotate the machine through four consecutive 180-degree rotations, keeping the weights at all times at the required height. Repeat this task through another four consecutive 180-degree rotations, this time by pushing the handle to lift the weights, rather than pulling. Applicant's whole foot must cross the entirety of the PTM barrier or the applicant will be instructed to repeat the rotation. Run approximately 30 feet to Task 4.
4. **Trigger Pull.** Holding the weapon at arm's length and maintaining the hand gun barrel within the target ring pull the trigger 18 times with the dominant hand. Switch to the non-dominant hand and pull the trigger 17 times. Applicant places the hand gun onto the stand and the timed assessment is complete. Timing stops **Passing time: 2 minutes, 45 seconds or less- Pass/Fail only.**

Untimed Event. The untimed event is comprised of one task and is **pass/fail only.**

5. **Victim Rescue (Untimed).** Applicant will pick up approximately 88 pounds and walk 30 feet to a designated cone, move around the cone, and walk 30 feet back to the starting point without dropping or setting the weight down.

Applicants applying for the rank and/or position of entry level officer who are competing for entry to the City's full police trainee academy must pass all required events prior to being considered for placement into the Fort Worth Police Academy.

Applicants applying for the rank and/or position of entry level officer who are competing for entry to the City's abbreviated academy for TCOLE certified peace officers must pass all required events prior to being considered for placement into the Fort Worth Police LEO Academy.

All Police Officer candidates, whether those graduating from the full police trainee academy or the abbreviated LEO academy are required to pass the PAT prior to academy graduation.

FORT WORTH POLICE DEPARTMENT PHYSICAL ABILITY TEST

LEGEND

- START
- TEST PATH
- CONE
- ARC
- RING

