

ORPAT

The Oregon Physical Abilities Test (ORPAT) is a hybrid physical ability-job sample physical ability assessment process designed to evaluate entry level police officer candidates on the essential physical capacities required to satisfactorily perform their job duties. ORPAT was originally based on data taken from the Canadian RCMP PARE research and tests as well as multiple Job Task Analysis (JTA's) for the Oregon police, and corrections officers.

ORPAT was designed to replicate critical and essential physical tasks and demands faced by police officers in the normal performance of their duties. Both specific tasks and overall physical demands are replicated in the ORPAT through the use of a carefully designed and validated, times "obstacle course."

The ORPAT test will be described and demonstrated to you before your performance. You will be given time to practice test components within each station so you will be aware of your abilities. Applicants must perform all activities at each station within the defined protocol. **You must pass the physical abilities test to continue on in the police officer hiring process.** Applicants who do not appear for the testing when scheduled will not be allowed to continue on in the testing process.

The physical abilities test is strenuous. Each applicant must sign a waiver form releasing liability prior to testing. The Police Department recommends that if you have had surgery or a serious illness within the previous six months, are on medication or have an ongoing medical condition, you should consult your physician before attempting the physical abilities test.

Preparing for the test:

It is strongly advised that applicants restrict caffeine intake the day they are scheduled for the test. In addition, it is recommended not to eat within two to three hours prior to the test. Do not engage in strenuous exercise, strenuous work or other physically demanding activities the day of or even the day prior to the test. Spend time warming up and stretching just prior to starting the test. Applicants are encouraged to dress appropriately for the physical abilities test.

PART ONE - MOBILITY RUN

The ORPAT consist of a 1235-foot obstacle run where the officer must demonstrate essential, job related physical abilities such as mobility, agility, flexibility, power and general physical endurance.

1. From the course start cone the officer runs to the outside of the marked course towards the first obstacle the balance beam. The officer must cross the beam in a controlled manner. If the officer falls off the beam the officer must go back to the start cone and renegotiate the beam.
2. The officer goes around the next cone and turns right running towards the second obstacle, the officer must jump across a five foot obstacle (mat). The officer must successfully get all the way across the five foot jump. If the officer hits any part of the five foot mat the first penalty is free the second one is a 5 second penalty.
3. The officer goes around the next cone and turns left running towards the third obstacle, the stair simulator. The officer must run up and down the stairs hitting at least two steps on the way

up and two steps on the way down. The officer will go around the cone at the bottom of the stairs and go back up and down the stairs. The officer must not jump from the top platform. If this occurs the officer will repeat that portion of the stairs.

4. The officer will turn right and proceed onto the fourth obstacle, the crawl obstacle. The officer will crawl under this obstacle touching at least one knee on the mat. The officer must not knock over or carry this obstacle. If the officer carries or knocks over the crawl obstacle the first one is free the second one is a 2 second penalty.

5. The officer will go around the next cone and turn left and run towards the next two identical obstacles, 18 inch high hurdles. The officer must jump over the center of each obstacle. If the officer knocks over one of these obstacles the first one is free and the second one is a two second penalty.

6. The officer will go around the next cone and turn right and runs towards the next obstacle and vault over a 3-foot high railing simulating a fence. The officer will land on both feet in control on the opposite side of the vault obstacle, fall to their back or stomach (alternating on each lap) recover to their feet without mechanical assistance and proceed around the start cone before beginning the second lap. Six laps are completed in this manner.

PART TWO - PUSH/PULL MACHINE

Push Activity:

After completing the obstacle run the officer moves to the mechanical push/pull station, consisting of a push-pull unit and a line on the wall 39" from the floor. Reaching the push-pull machine after completing the sixth lap of the obstacle course should not take more than five seconds. Upon reaching the push-pull unit the officer grasps the machine handles and pushes 80lbs off the floor, then moves left to right completing a 180-degree arc. Six complete arcs must be executed by bringing the bar parallel with the base of the machine. *The officer must remain in control of the machine throughout the activity.*

The officer's chest may not touch the lever arm. Arms must remain bent at the elbow throughout the performance of the activity.

Controlled Falls:

Once the push activity is completed the weight is released, again while maintaining control at all times. The officer moves away from the unit, falls on his/her back executes a sit-up like maneuver, rising to a standing position touching the marked line on the wall 39 inches from the floor. The officer will then repeat this fall to their back. The officer then executes a third fall to their stomach executing a push-up like movement and stands up touching the marked line. The officer will repeat this fall to their stomach. This sequence is repeated twice, (4 falls, 2 back, 2 front). The officer can not use the wall for assistance to help them to the standing position.

Pull Activity:

When the fourth fall is completed the officer grasps the rope and pulls the weight off the floor. Maintaining the weight in this position, the officer moves through an arc 180 degrees by

bringing the bar parallel to the base of the machine. This action is repeated six times. The officer must remain in control at all times and their elbows must remain flexed.

PART THREE - "DUMMY" DRAG

"Dummy" Drag:

After a 60-second rest period subsequent to completing the obstacle course and the push-pull portions of the test, the officer must drag a 165 pound dummy a distance of 25 feet. Officers must use the under the arm technique to accomplish this. The officer will then drag the dummy for 25 feet. Officer must perform this task in a controlled and continuous manner.

Once motion is started the officer cannot stop if they are to pass this section of the test. Officers will have three attempts to complete the task. Three unsuccessful trials will constitute a failure. Officer failing the dummy drag section fail the ORPAT examination.

