

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 consists 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.

Preparing for ORPAT

In preparation for the Oregon Physical Abilities Test (ORPAT), individuals should take into consideration many factors that will influence their training. Among these are: current training routines; knowledge of training modalities; specific goals for training; and an understanding of the components of fitness. Individuals that currently exercise regularly and across all components of fitness should be prepared for the test with possibly some minor adjustments to their routine. **Before beginning any exercise program, it is important to consult a physician about your current state of health and any problems that arise during your selected form of exercise.**

Components of Fitness:

Flexibility – The ability to elongate muscles and move joints through a normal range of motion.

Cardiovascular Endurance – The ability to elevate the heart rate and maintain that elevated heart rate for extended periods of time.

Muscular Endurance – The ability of a muscle or muscle group to perform repeated movements for extended periods of time (sub-maximal).

Muscular Strength – The greatest amount of force a muscle or muscle group can exert in a single effort (maximal).

Warm-Up and Dynamic Flexibility:

A good warm-up is key in developing flexibility and preventing injury. In order for muscles to elongate they must be warm. To make this happen, “Just Move.” No matter your preferred movement; jogging, back-pedaling, side shuffles, skipping, jumping rope, shadow boxing; “Just Move” for 3-5 minutes to warm-up before beginning dynamic stretching.

Dynamic stretching is the elongation of muscles through movement. While slowing from the warm-up you should continue to move during dynamic stretching. The following some examples of dynamic stretches that could be utilized during a warm-up.

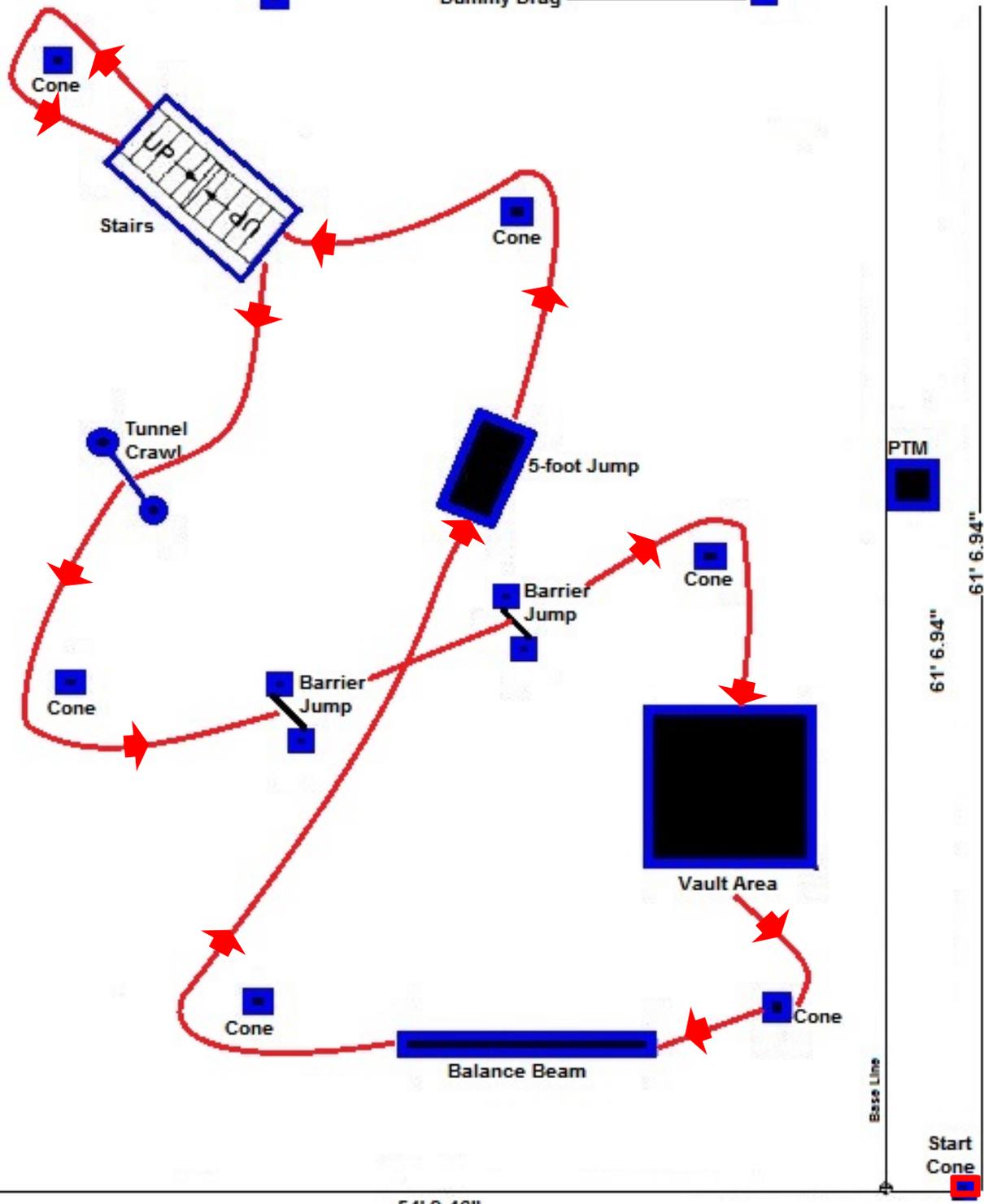
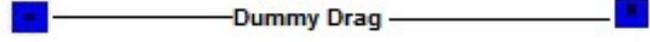
1. **Walking Lunge** – Step forward with a long stride, keeping the front knee over the ankle. Drop back knee toward the ground without touching the ground. Stand up and walk a couple of steps and repeat on the other leg.
2. **Knee Hug to a Lunge** – Bring one knee to the chest; release into a lunge; walk a couple of steps and repeat on the other leg.

3. **Alternating Side Lunge** – Long stride to the side. Squat down keeping the back leg straight and entire sole of the foot planted on the ground. Stand up and walk a couple of steps, face opposite direction and repeat on the other leg.
4. **Lunge with a Twist** – Same as a walking lunge with the addition of an upper body rotation over the forward leg at the bottom of the lunge.
5. **Walking Toe Grab** – Reach down and grab toes on same side, keeping leg straight. Stand up and walk a couple of steps and repeat on the other leg.
6. **Straight-Legged March** – Keeping legs straight, kick one up in front of body as high as possible. Reach out with opposite side hand and try to touch the toes. Walk a couple of steps and repeat on other leg.
7. **Bent Knee Glute Sit** – Keeping one leg straight, bend other at the knee across straight leg just above the knee. Put slight downward pressure on the knee while at the same time putting slight upward pressure at the heel. From this position sit down until you feel a stretch through the glutes. Stand up and walk a couple of steps and repeat on the other leg.
8. **Ankle Pick to a Toe Touch** – Keeping one leg straight, bend other at the knee and behind the straight leg. Grab foot with opposite side hand. Bend over and touch toes with available hand. Walk a couple of steps and repeat on the other leg.

Training:

The best means of training for the ORPAT is powerful, short-burst movements. H.I.I.T. style interval training will help to prepare you. Resistance training will help you to sustain some of the impact created by the obstacles. Movements requiring you to change elevation, go to the ground and get back up, or navigating stairs will be very beneficial. Again, try to create programs that incorporate all components of fitness. If you have a preferred training modality (ex. running or resistance training) continue with it. Simply add exercises that correlate to the obstacles presented by the course.

ORPAT SCALE DIAGRAM



54' 9.46"

Base Line

Start
Cone

61' 6.94"

61' 6.94"

PTM

5-foot Jump

Barrier
Jump

Barrier
Jump

Stairs

Cone

Tunnel
Crawl

Cone

Cone

Balance Beam

Vault Area

Cone

Cone

