

MEMORANDUM
BURLINGTON POLICE DEPARTMENT



The following information has been drafted by certified "Cooper Standards" personnel of the Burlington Police Department. We have seen close to a 50% failure rate in the PAT over the last three recruitment drives. This is unacceptable and there is no valid excuse for such poor performance. We want all candidates to succeed. In order to give yourself the best chance for success, we recommend that you start to prepare for the PAT - and take the test seriously.

PAT Preparation

The Police Officer Physical Agility Test is a demanding component of the testing process. It is strongly suggested that you train to develop your strength and endurance in order to pass this section of the process. The Burlington Police Department has provided some basic training recommendations along with the testing requirements. Before starting any type of training program, you should consult with your physician.

The PAT is comprised of three exercises:

- 1 Minute Push-Up Test
- 1 Minute Sit-Up Test
- 1.5 Mile Run Test

It is recommended that you practice the actual exercises on which you will be tested. These exercises will test your aerobic capacity, upper body muscular strength/endurance, and core body muscular strength/endurance. Proper warm up, stretching and hydration is essential when conducting these exercises. Before each workout, you should perform a dynamic warm-up to include form running followed by stretching. Likewise, a cool down and post-workout stretch will help to reduce soreness and prevent injury.

Physical Training Recommendations:

Proper form is essential when conducting the 1 Minute Push-Up and 1 Minute Sit-Up Tests. Ensure that your body is in a straight line position with no sagging, curving, or butt in the air. Placing your hands in the wrong position can negatively affect your 1 Minute Push-Up test maximum score. A good location for your hands is just outside shoulder width apart, with the base of your palm in line with

the base of your chest and your fingers facing forward. This position enables the chest, shoulders, and triceps to be equally taxed.

A good steady pace is recommended when performing the 1 Minute Sit-Up Test. Many people reach burn out long before the one minute mark. Your hands must be behind your head with fingers interlaced. Your elbows must touch your knee cap at the top of the repetition, and your shoulder blades must touch the ground at the bottom of the rep. Remember to breathe during these exercises. Exhaling on the “up” portion of the repetition and inhaling on the way down will increase your oxygen intake and performance.

Pacing yourself when performing the 1.5 Mile Run (6 laps on a standard track) is highly recommended! It is important not to start out too fast. Learn and develop a steady pace if you are an inexperienced runner. Improvement will come over time by training in running, sprinting and interval training.

It would be beneficial to begin your training regimen by conducting a mock PAT assessment to see where you stand. Record your results and match them up to the scoring chart. The initial assessment will help you to see what areas need improvement, with the ultimate goal of increasing the scores in all the events. During the training regiment, continue to test yourself on these exercises every week or every other week and record your results.

Improving and Building Strength:

1 Minute Push-Up Test: Will test your upper body muscular strength and endurance. The best way to improve on your push-up score is to do push-ups! However; exercising and training with weights will increase your overall strength. Exercising with weights should be done so that each muscle has at least one day rest before it is worked again. Upper body strength will be increased by developing the chest, lower back, upper back, stomach, triceps (back of upper arm), trapezius (neck and upper center of back), and biceps (front of upper arm).

1 Minute Sit-Up Test: Will test your core body muscular endurance. Developing your abdominal muscles with exercises such as crunches, sit-ups, leg raises, burpies, and mountain climbers will improve overall strength. Developing the lower body will also increase core endurance. Quadriceps (front of thigh), hip flexor group, hamstrings (back of thigh), and calves (back of lower leg) should be strengthened. The quadriceps are probably the most important lower body muscle you should strengthen to increase repetitions. Quadriceps are strengthened through exercises such as, squats, lunges, climbing stairs and leg extensions.

1.5 Mile Run: Will test your aerobic capacity. Aerobic capacity is built through exercises such as, running, walking, jogging, swimming, bicycling and climbing stairs. Ideally you should be trying to conduct some type of aerobic activity three

times a week to start. After several weeks of training it is recommended that you add sprints into your running routine. Interval training can also be used to improve performance in the 1.5 Mile Test. An example of interval training would be running a timed $\frac{1}{4}$ mile at your desired test pace, walking for 2-3 minutes, and then repeating. You would do this in repetitions, adding more repetitions each week.

Once again these are just some basic recommendations to assist you with your training and preparation for the PAT. Everyone is different and it is ultimately on you to train and be prepared for the test. Remember to train on the actual events and continue to record your results. Good luck!

As a final note: This PAT is specific to the Burlington Police Department. If you are chosen for the position of police officer and must attend the Massachusetts police academy, you will be required to participate in an additional PAT that is administered by the Commonwealth of Massachusetts. Further information on the process will be shared throughout the recruitment drive.