

METROPOLITAN POLICE DEPARTMENT – CITY OF ST. LOUIS
OFFICE OF THE CHIEF OF POLICE
SPECIAL ORDER

Date Issued: May 30, 2007 **Order No.:** SO 4-05

Effective Date: May 30, 2007 **Expiration:** Indefinite

Reference:

CALEA Standards: 22.3.2

Cancelled Publications: Section III of SO 4-05 dated April 19, 2007

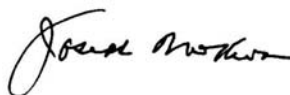
Subject: PHYSICAL ABILITIES TEST (PAT)

To: ALL BUREAUS, DISTRICTS AND DIVISIONS

PURPOSE: To provide guidelines for the Department Physical Abilities Test (PAT).

POLICY: That a satisfactory fitness level should be maintained so that work can be performed efficiently and without personnel shortages caused by injuries or excessive sick leave. The procedures in this Special Order work towards these goals, along with the overall purpose of improving the health and fitness of officers.

By Order Of:



JOSEPH MOKWA
Colonel
Chief of Police

Attachments:

- 1: Physical Abilities Test Course Illustration, TRG-68
- 2: Physical Abilities Test Medical Release Form, TRG-64
- 3: Physical Abilities Test Health History Questionnaire, TRG-66

SO 4-05
TABLE OF CONTENTS

| <u>SECTION</u> | <u>SUBJECT</u> | <u>PAGE</u> |
|----------------|--|-------------|
| I. | PHYSICAL ABILITIES TEST (PAT)..... | I-1 |
| A. | General Information..... | I-1 |
| B. | Physical Abilities Test Description | I-2 |
| C. | Health History Questionnaire..... | I-2 |
| D. | Physical Abilities Test Appointments | I-3 |
| E. | Physical Abilities Test Protocol..... | I-3 |
| II. | FAILURE TO TAKE, COMPLETE OR PASS THE PHYSICAL ABILITIES TEST | II-1 |
| A. | Inability to Complete or Pass the Test | II-1 |
| B. | Officer Fails to Keep Scheduled Appointment | II-1 |
| C. | Unable to Meet Blood Pressure Requirements Prior to Test | II-2 |
| D. | Physician Refuses to Approve Officer to Take the Test | II-2 |
| E. | Test Stopped by Exercise Physiologist or Physical Therapist | II-2 |
| F. | Officer Injured During Test | II-2 |
| G. | Officer on Limited Duty, Sick or Sick-Injured Status During Month of Birth | II-2 |
| H. | Detachment to Special Services | II-3 |
| III. | PHYSICAL ABILITIES TEST ADMINISTRATIVE DUTY STATUS..... | III-1 |
| A. | Physical Abilities Test Administrative Duty Procedures..... | III-1 |
| B. | Notification of Physical Abilities Test Failure..... | III-2 |
| C. | Physical Abilities Test Administrative Duty Rules..... | III-2 |
| D. | Unable to Perform Essential Functions of the Job | III-3 |

**METROPOLITAN POLICE DEPARTMENT – CITY OF ST. LOUIS
OFFICE OF THE CHIEF OF POLICE
SPECIAL ORDER**

Date Issued: April 19, 2007 **Order No.:** Section I of SO 4-05

Effective Date: April 19, 2007 **Expiration:** Indefinite

Reference:

CALEA Standards: 22.3.2

Cancelled Publications:

Subject: PHYSICAL ABILITIES TEST (PAT)

To: ALL BUREAUS, DISTRICTS AND DIVISIONS

PURPOSE: Physical fitness is necessary for the safe and effective performance of certain essential functions of law enforcement officers. Valid reasons for testing physical readiness in policing are to ensure that officers possess the minimal level of physical ability to perform their duty of protecting the public safety, to provide able physical backup support for fellow officers and others who depend on the officer and to underscore the importance of physical activity in relation to personal health. A healthy officer is more productive and uses less sick time.

A. GENERAL INFORMATION

Once a year, in the month of his/her birth, every commissioned officer, regardless of rank, is required to participate in the Department Physical Abilities Test (PAT). The successful completion of the PAT is a condition of employment. Failure to successfully complete the PAT may result in negative employment actions, up to and including being dropped from the rolls for “Inability to Perform the Essential Functions of the Job.”

EXCEPTION: A Probationary Police Officer is exempt from taking the PAT in the calendar year he/she graduated from the Police Academy.

NOTE: There may be time available during the pre-planned testing periods for an officer to take the PAT earlier than his/her birth month. As long as the early schedule is approved by the Department Exercise Physiologist, an officer may take the test PRIOR to his/her birth month. The test must, however, be taken each calendar year, and only under specific exceptions can a test be taken after the month of birth.

| Month of Birth | PAT must be taken by last day of | Earliest PAT may be Taken |
|----------------|----------------------------------|---------------------------|
| January | January | January |
| February | February | January |
| March | March | January |
| April | April | February |
| May | May | March |
| June | June | April |
| July | July | May |
| August | August | June |
| September | September | July |
| October | October | August |
| November | November | September |
| December | December | October |

SO 4-05

B. PHYSICAL ABILITIES TEST DESCRIPTION

1. The PAT components are depicted in attachment #1 and are listed below; a video demonstration is available on the Department Intranet.
 - a. Run the perimeter of the Fitness Center Gymnasium twice (approx. 230 yards), then negotiate the following obstacles:
 - 1) Jump over a one foot hurdle;
 - 2) jump over a two foot hurdle;
 - 3) negotiate around two cones;
 - 4) jump a four foot long jump;
 - 5) negotiate around a cone;
 - 6) walk down a six inch wide beam eight feet long;
 - 7) negotiate around two cones;
 - 8) approach a mat, drop down and touch chest to floor, stand up;
 - 9) drop down on back, touch shoulder blades to the floor, stand up;
 - 10) negotiate around a cone;
 - 11) jump or climb over a four foot wall;
 - 12) negotiate around a cone;
 - 13) go up then down six stairs (both feet must touch the floor);
 - 14) repeat the stairs;
 - 15) advance to power training machine, push 75 pounds, walk in semi-circle;
 - 16) pull 75 pounds, walk in a semi-circle;
 - 17) drag a 150 pound dummy 50 feet;
 - 18) sprint 50 feet; and
 - 19) dry fire weapon five times with each hand.
2. Officers will be required to complete the PAT in four minutes and eight seconds or less.
3. The course will be set up at the Fitness Center Gymnasium on a regular basis each month to allow an officer to practice the PAT. Appointments with the Exercise Physiologist may be made on an individual basis, to assess overall fitness, diet, and physical improvement regimen, provide general healthy lifestyle advice, or to practice the test.

C. HEALTH HISTORY QUESTIONNAIRE

The PAT Health History Questionnaire, TRP-66 (Attachment 2) is available on the Department Intranet. The form must be completed, printed, and brought or faxed to the Exercise Physiologist before a PAT appointment may be scheduled.

1. If an officer has a medical condition or has been previously diagnosed with a health ailment or disease, or currently takes prescription drugs for the medical condition, which he/she feels may affect the outcome or ability to safely undergo the PAT, (i.e., heart disease, stroke, chest pain, dizziness, breathing difficulties, etc.), he/she should indicate “yes” on the form. In such a case, the officer must obtain medical approval from his/her personal physician prior to scheduling his/her PAT.
2. In the event an officer’s health circumstances prevent him/her from taking the PAT without further evaluation, the officer will provide his/her personal physician with a Fitness Center PAT Medical Release, TRG-64 (Attachment 3) which lists the test components. The personal physician must provide in writing on the form an opinion of the officer’s ability to safely participate in the PAT.

SO 4-05

3. If the personal physician's opinion is the officer may not safely participate in the PAT, it must be stated in writing. If the physician is able to project a date on which the officer will safely be able to participate in the PAT or if the physician feels, the officer will not be physically capable of taking the PAT in the near future, the physician should also state that opinion in writing.
 - a. Under such a circumstance, the officer will not be allowed to take the PAT.
 - b. The officer will be carried on the duty status that appropriately reflects the nature of his/her condition: administrative duty (PAT-related 90 days total in career), non line-of-duty limited duty (90 days per circumstance, 180 total in career) or sick.

D. PHYSICAL ABILITIES TEST APPOINTMENTS

1. All appointments must be scheduled by sending an e-mail to the Department Exercise Physiologist.
2. Appointments for the PAT must be scheduled by the 25th of the month prior to the officer's birth month. While officers are responsible for scheduling their appointments, Supervisors and Commanders are responsible to assure that their personnel are meeting Department requirements.
3. The Exercise Physiologist can answer all questions directly related to the PAT and can give advice on performance issues. All questions regarding testing protocol or Department policy will be directed to the officer's Commander.

E. PHYSICAL ABILITIES TEST PROTOCOL

1. The PAT will be monitored by the Exercise Physiologist, an Academy Supervisor and will be videotaped with the performance time displayed. Videos of passing performance will be retained for 13 months. Videos of failures will be retained until the final status of the officer is determined.
2. During the PAT, any questions arising from its administration or concerning testing protocol will be immediately referred to the Academy Supervisor present during the PAT for resolution.
3. Officers must be appropriately dressed and at the Fitness Center at least 15 minutes prior to their scheduled time slot.
4. Prior to testing, each officer will have his/her resting heart rate and blood pressure taken. Blood pressure must be $\leq 140/90$ and heart rate must be ≤ 90 bpm.
5. Following the PAT, each officer's heart rate and blood pressure will again be taken. An officer's resting blood pressure must be $\leq 160/90$ and his/her heart rate must be ≤ 120 bpm before he/she will be released from the Fitness Center.
6. Upon completion of the test, each officer will receive a copy of the Health History Questionnaire (previously provided to the Fitness Center) signed by the tester, indicating the passing or failing time and the date. The form will be submitted to the officer's Unit Commander and placed in his/her Unit personnel file. This form will be retained in the Unit file for 13 months or until replaced by information from a subsequent PAT.

SO 4-05

7. The officer's computer-based "Employee Training Profile" will be updated to reflect the date the PAT was taken and passed.
8. Any medical information submitted by an officer or any medical professional concerning the PAT is confidential and will be stored in the Benefits Office with the officer's medical files. The medical files are contained in secure file cabinets, separate from any other personnel records.

METROPOLITAN POLICE DEPARTMENT – CITY OF ST. LOUIS
OFFICE OF THE CHIEF OF POLICE
SPECIAL ORDER

Date Issued: April 19, 2007 **Order No.:** Section II of SO 4-05

Effective Date: April 19, 2007 **Expiration:** Indefinite

Reference:

CALEA Standards:

Cancelled Publications:

Subject: **FAILURE TO TAKE, COMPLETE OR PASS THE PHYSICAL ABILITIES TEST**

To: **ALL BUREAUS, DISTRICTS AND DIVISIONS**

PURPOSE: To provide procedures when an officer fails to take or complete the Department Physical Abilities Test (PAT) within the prescribed time.

A. INABILITY TO COMPLETE OR PASS THE TEST

1. The PAT must be taken every year in the month of the officer's birth unless some approved circumstance (i.e., officer at FBI National Academy) prevents it from occurring. In each instance that an officer fails to pass the PAT or is physically unable to perform in the PAT, the officer will be removed from full duty immediately.
2. An officer who fails to complete the entire test or to complete the course in the allotted time will be deemed to have failed. If an officer begins the test and cannot complete the course or completes the course in four minutes and nine seconds or more, the duty status for that officer will be administrative duty. The officer will not be carried full duty until the test has been completed in the required time.
3. Upon failure of the test, the officer will be assessed by the Exercise Physiologist and given an individualized remedial exercise program to assist in gaining the necessary level of physical fitness to successfully complete the test.

B. OFFICER FAILS TO KEEP SCHEDULED APPOINTMENT

1. An officer who fails to keep a scheduled test without a valid excuse from his/her Commander will be subject to Department discipline. In all cases, a report will be prepared by the Commander and forwarded through the chain-of-command citing the reasons why an officer was unable to meet the appointment time.
2. It is the responsibility of the officer's Supervisor to reschedule on the earliest available date.
3. If an officer fails to appear to take the PAT by the last day of his/her birth month without written permission granted by the Chief, his/her duty status will be changed to administrative duty effective the first day of the following month.

SO 4-05

C. UNABLE TO MEET BLOOD PRESSURE REQUIREMENTS PRIOR TO TEST

An officer whose resting blood pressure and/or resting heart rate are not within the normal range ($\leq 140/90$ mmHg, ≤ 90 bpm) or who does not have a physician's clearance to take the PAT with a blood pressure or pulse in excess of these numbers, will not be allowed to take the test until the results lower. If the results have not lowered by the time the entire group has tested, the officer will be placed on administrative duty and be required to secure a medical release from his/her personal physician. The officer may elect to use sick time under this circumstance. In no case will he/she be permitted to return to full duty status without approval from a physician.

D. PHYSICIAN REFUSES TO APPROVE OFFICER TO TAKE THE TEST

An officer who provides a form from his/her personal physician precluding him/her from taking the test will be placed on the appropriate duty status as determined by his/her Commander. This information will be handled at the District/Unit level, as no determination needs to be made by the Fitness Center personnel. The PAT will not be scheduled without the clearance of a physician.

E. TEST STOPPED BY EXERCISE PHYSIOLOGIST OR PHYSICAL THERAPIST

1. The Department Exercise Physiologist, or in some instances the Department Physical Therapist, has the discretion to stop the officer from continuing the PAT at any time. The Exercise Physiologist will document by memorandum the reasoning for stopping the test.
2. An officer who is not permitted to finish the PAT because of a decision by the Exercise Physiologist or Physical Therapist will be carried on administrative duty status until the circumstance is resolved. In all such instances, a medical review may result in a duty roster adjustment that recovers the administrative time if it was deducted from the officer.

F. OFFICER INJURED DURING TEST

1. In the event of an injury sustained during testing, it is the responsibility of the officer to immediately notify the Academy Supervisor monitoring the test. The Academy Supervisor will secure the video of the injury and have a Department injury report prepared and an I/LEADS report if necessary. This information will immediately be communicated to the officer's Unit Commander, the Benefit's Office and Special Services.
2. If the officer passed the PAT, the procedures in SO 3-03, "Sick Reporting and Medical Procedures" will be followed.
3. If the officer fails the PAT, he/she will not be carried full duty on the duty roster until the circumstances of the injury are reviewed by the Department third party administrator. If the determination is made that the injury is duty-related, the duty roster will be adjusted to reflect sick-injured status or line of duty limited duty status as applicable. If the determination is that the injury is not duty-related, the officer will continue to be carried administrative duty, sick or another earned-time entry of his/her choosing. A physician's clearance will be required before a re-test is administered.

G. OFFICER ON LIMITED DUTY, SICK OR SICK-INJURED STATUS DURING MONTH OF BIRTH

1. When an officer is on limited duty, sick or sick-injured status the PAT will not be administered.

SO 4-05

2. Prior to returning to full duty from limited duty, an officer who missed his/her PAT will be required to produce documentation to his/her Commander from the treating physician, which must reflect when the officer may undergo the test safely. The medical form to “return to full duty” must be sent to the Benefit’s Section and to Special Services. They will then transmit a message to the Fitness Center indicating the officer’s return to full duty and clearance to take the PAT. Not until this message is received by the Exercise Physiologist will the officer be allowed to schedule the test.
3. An officer who was unable to complete the PAT during the month of birth due to illness or injury will be required to schedule the PAT at the earliest available time upon return to full duty. The officer will be carried as full-duty until the first available PAT date. If that opportunity is missed, the officer will be carried on administrative duty-limited duty until the PAT is passed.
4. An officer cannot be certified as “full duty” by a physician from a duty or non-duty related condition and be exempted by that physician from participating in the PAT. Such an exemption is construed as a restriction from ability to perform the essential functions of the job as a police officer and the officer will continue on restricted duty status.
5. The Commander of an officer who missed a test because of limited duty or sickness will ensure that the officer is tested on the earliest date following clearance from his/her treating physician or his/her return to full duty.

H. DETACHMENT TO SPECIAL SERVICES

An officer who is carried on administrative duty for the PAT will be monitored by Special Services and his/her name will be added to the duty roster for assignment code 730 (Special Services). The parent Unit will mark the officer as “detached to 730” on the Unit duty roster. All issues that apply to duty status for the involved officer will be referred to Special Services.

**METROPOLITAN POLICE DEPARTMENT – CITY OF ST. LOUIS
OFFICE OF THE CHIEF OF POLICE
SPECIAL ORDER**

Date Issued: May 30, 2007 **Order No.:** Section III of SO 4-05

Effective Date: May 30, 2007 **Expiration:** Indefinite

Reference:

CALEA Standards:

Cancelled Publications: Section III of SO 4-05 dated April 19, 2007

Subject: PHYSICAL ABILITIES TEST ADMINISTRATIVE DUTY STATUS

To: ALL BUREAUS, DISTRICTS AND DIVISIONS

PURPOSE: To provide procedures for the Department Physical Abilities Test (PAT) administrative duty status.

A. PHYSICAL ABILITIES TEST ADMINISTRATIVE DUTY PROCEDURES

1. **A failed PAT will result in the officer being placed on administrative duty for a maximum cumulative total of 90 working days (720 hours) during his/her tenure with the Department. For purposes of this Order, the taking of a vacation day, holiday, discretionary holiday, travel day, PAL day, training officer compensatory time taken day, sick bonus time, police explorer day, suggestion day, death furlough day or any overtime will not stop the administrative duty clock.**
2. Upon failure of the PAT, the officer must be rescheduled to take the test within 30 calendar days, unless some specific valid circumstances prevent that scheduling or there is an agreement with the Department Exercise Physiologist that due to the officer's physical condition this period would not be advisable.
3. After 10 consecutive days (80 hours) of administrative duty status, the officer must have a medical evaluation completed by the Department doctor before the PAT may be rescheduled. After medical evaluation, the PAT will be scheduled when the Department Physical Therapist is available to monitor the test. The officer's well-being is the most prominent concern and proper oversight under these circumstances is warranted. The arrangement for the medical evaluation and the schedule of the re-test will be accomplished through Human Resources.
4. The medical evaluation will be sufficient for subsequent scheduling even if the officer continues on administrative duty for more than 10 days. However, in all cases, an officer who has been carried administrative duty for more than 10 days will be required to have the Physical Therapist monitor every subsequent re-test for that calendar year.
5. The 90 working day administrative duty period is the maximum period in which the test may be successfully completed under that duty status. An officer may elect to use sick leave or other accrued time after the administrative duty time has been exhausted.

SO 4-05

B. NOTIFICATION OF PHYSICAL ABILITIES TEST FAILURE

1. **The Academy Commander or his/her designee will notify the Chief of Police, the Deputy Chief, Bureau of Professional Standards and the officer's Bureau Commander by e-mail, of the officer's failure to complete the test successfully. The message will reflect the reason for the failure, i.e., too much time, course not completed, or doctor's note precluding test participation. The Bureau Commander will notify the officers Unit Commander who in turn, will notify Human Resources and the Paymaster by e-mail, of the officer's failure to complete the test successfully. These notifications will also be made when an officer who was on administrative duty status, successfully completes the test.**
2. **All issues relating to duty status relative to the physical abilities test will be communicated to the officer's Bureau Commander.**

C. PHYSICAL ABILITIES TEST ADMINISTRATIVE DUTY RULES

1. The PAT allows for 90 working days of administrative duty for PAT failure. The 90 days is cumulative for an officer's career.
 - a. The administrative duty status will not be interrupted by any duty status other than sick, sick-injured, or recreation.
 - b. If an officer elects to take vacation or any other earned time during the period when administrative duty applies, the duty roster will be marked accordingly.
 - c. After an officer exhausts the 90 days administrative duty, he/she may be permitted to take whatever earned time is available.
2. Officers on administrative duty for failure of the PAT are permitted four hours per week to exercise in preparation for testing. The four hours of exercise must be done in a Department facility and approved by the officer's Commander. A record of the exercise time will be maintained by the officer, and available for review. Any attempt to practice on the fitness course for those on administrative duty MUST be monitored by the Exercise Physiologist or a member of the Fitness Center Staff.
3. Officers being carried on administrative duty:
 - a. will not be permitted to work shift incentive hours without the permission of the Chief of Police;
 - b. will not work overtime, however may earn standby time or court time when insufficient time exists to reschedule duty hours;
 - c. will not wear the uniform at any time nor display a badge or official identification other than inside a Department building, nor operate a Department vehicle without the approval of the Chief of Police;
 - d. will have all authorization to work secondary employment rescinded;
 - e. will be ineligible to participate in any career development program; and
 - f. will be able to participate in the various levels of the promotional process but will not be eligible for consideration for promotion.

SO 4-05

4. Training
 - a. Only classroom In-Service Training is permissible while an officer is on administrative duty. Officers on this duty status will not be permitted to qualify with a firearm.
 - b. Any scheduled physical training (ASP, baton, etc.) will be postponed until after an individual is returned to full duty status. Upon return to full duty, it is incumbent upon the officer to schedule and complete all physical and firearms training requirements. The officer's immediate Supervisor will ensure this requirement is completed. A message returning the officer to full duty status will include a reminder of the training and testing requirements. It is the responsibility of the officer's Commander to assure the Department standards are met.

D. UNABLE TO PERFORM ESSENTIAL FUNCTIONS OF THE JOB

If an officer fails to successfully complete the PAT within the 90-calendar day maximum window, or if permanent restrictions are placed on him/her by his/her treating physician and/or the Department Medical Director which preclude him/her from completing the PAT, the following procedures will be followed:

1. The officer may be (if not already having been) carried on his/her personal sick time or other accrued time (holiday, vacation, etc.) if he/she so chooses.
2. If an officer chooses not to use accrued time, or has exhausted all accrued time, the officer's Commander will send a letter of notification to the officer by certified mail or in person. It will state that based either on circumstances of a permanent restriction having been placed by his/her personal physician, or because he/she has been unable to successfully complete the PAT, he/she is no longer able to perform the essential functions of his/her job as a police officer. The notice will include the intent of the Department to drop the officer from the rolls for "Inability to Perform the Essential Functions of the Job of Police Officer," in violation of Rule 8 of the Police Manual.

NOTE: An "inability" is not to be considered a "disciplinary charge" and will not be asserted on an Allegation of Employee Misconduct Report, nor will it be reflected as a disciplinary matter on the officer's employment record.

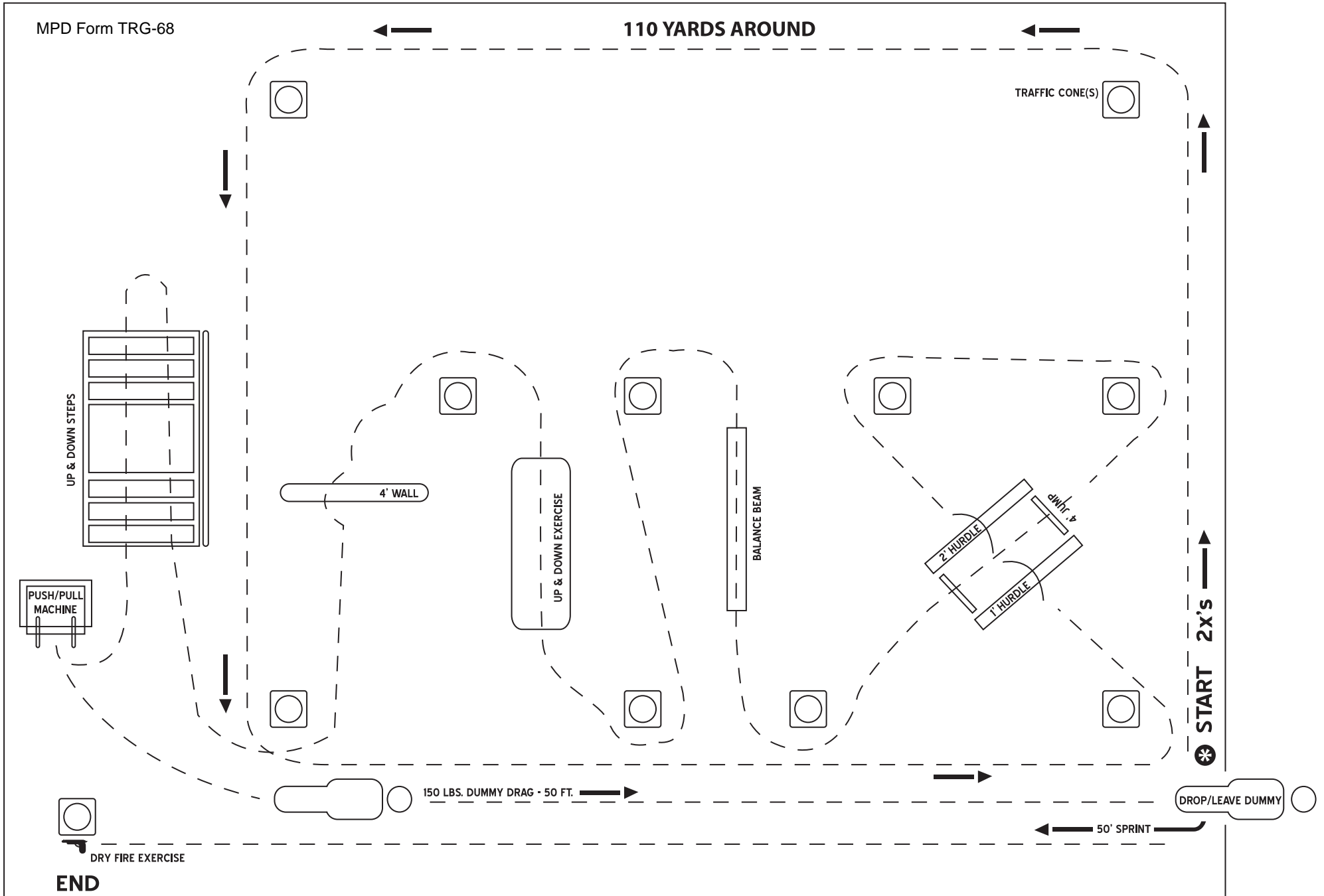
3. The notice letter will briefly explain limited options that may apply to the officer's situation such as, filing a request for a reasonable accommodation from the Department, applying for a pension, filing a request for a hearing by the Board of Police Commissioners or certain avenues such as long-term disability or other related benefits that may be available through the Department or outside entities.
4. The officer may direct a written memorandum to the Director, Human Resources, who serves as the Department ADA Coordinator, detailing what the officer believes would be a reasonable accommodation of his/her disability on the part of the Department. If the ADA Coordinator determines the proposal is reasonable and acceptable to the Department, it may be implemented with the approval of the Chief of Police.
5. If the proposal is refused as unreasonable or unacceptable, or if another option exists for a reasonable accommodation that would be more beneficial to the Department, it will be offered to the officer with approval of the Chief of Police.

SO 4-05

6. If no reasonable accommodation is available, or what is offered by the Department is declined by the officer, notice to that effect will be sent to the officer.
7. If the officer disagrees with the assertion that he/she is unable or unwilling to perform the essential functions of the job of police officer, he/she may request a hearing before the Chief of Police.
 - a. The sole purpose of such a hearing would be to present any new information or evidence, heretofore unknown to the Department, which may cause the Chief of Police to alter his/her decision to recommend the Board drop the officer from the rolls of the Department.
 - b. A request for such a hearing must be made in writing through the chain of command to the Chief of Police within seven days of receipt of the notice letter.
8. Officers should contact the Benefits Section to learn if there are any benefits they may be eligible for, such as long-term disability. Also, member officers may be eligible for additional benefits through the Police Relief Association.
9. The affected officer's Commander will prepare and forward the necessary ARTS through the chain of command to the Board of Police Commissioners for final action.
10. The PAT may be taken up until the time when the termination procedure is completed.

ST. LOUIS METROPOLITAN POLICE DEPT.

PHYSICAL ABILITIES TEST



ST. LOUIS METROPOLITAN POLICE DEPARTMENT
St. Louis Police Academy Fitness Center
315 So. Tucker Blvd.
St. Louis, MO 63102
Phone (314) 444-5625 Fax (314) 444-5689
E-mail cirossomanno@slmpd.org

MEDICAL RELEASE FORM

Employee's Full Name: _____

DSN: _____ **Date of Birth:** _____ **Today's Date:** _____

I deem the above listed St. Louis Metropolitan Police Department commissioned officer to be in good physical health and without physical limitations or restrictions. Therefore, after reviewing the outline of the test listed below, I am releasing the above listed officer to take the St. Louis Metropolitan Police Department Physical Abilities Test in his/her month of birth.

Releasing Physician's Signature: _____

Releasing Physician's Full Name (Print): _____

Releasing Physician's Office Address: _____

Releasing Physician's Office Phone Number: _____

TEST COMPONENTS

In less than four minutes and eight seconds run around the perimeter of the Police Academy Gymnasium two times (approximately 230 yards) and then negotiate the following obstacles:

Jump over a one foot hurdle;
jump over a two foot hurdle;
negotiate around two cones;
jump a four foot long jump;
negotiate around a cone;
walk down a six inch wide beam eight feet long;
negotiate around two cones;
approach a mat, drop down, touch chest to floor, stand up;
drop down on back, touch shoulder blades to floor, stand up;
negotiate around a cone;
jump or climb over a four foot wall;
negotiate around a cone;
go up six stairs then down six stairs;
repeat the stairs;
advance to power training machine, push 75 pounds, walk in a semi-circle;
pull 75 pounds, walk in a semi-circle;
drag 150 lb. dummy 50 feet;
sprint 50 feet; and
dry fire a weapon five times with each hand.

Once document is complete, please forward to Colleen Rossomanno

**St. Louis Metropolitan Police Department
Health History Questionnaire**

You are about to undergo the Physical Abilities Test, and you agree that you have been made aware of and understand all of its components.

Do you now have, or have you previously been diagnosed with, any health ailment or disease (i.e., heart disease, stroke, chest pain, dizziness, breathing difficulties, etc.) which may presently affect your ability to safely participate in the Physical Abilities Test?

**YES _____
Please initial if "yes"**

**NO _____
Please initial if "no"**

**Please describe/list any specific health ailment: _____
_____**

If you answered "yes," before participating in the fitness test, you must obtain a doctor's assessment of your physical condition and ability to safely participate in the test. If your doctor's assessment is that you may NOT participate in the test, you agree to inform your doctor that he or she must include in the documentation a date on which you will be able to safely participate in the fitness test. If you were placed on limited duty status, Benefits must be notified and must approve your medical clearance prior to taking the fitness test. The Department must receive documentation prior to your participation in the Physical Abilities Test.

**Please list all medications and their use that you are currently taking: _____

_____**

PRINT NAME: _____ DSN: _____

Today's Date: _____ Test Date: _____

(This form must be transmitted to the Fitness Center)

TEST RESULTS FOR EMPLOYEE _____

**PASS _____
(Signature of test administrator)**

**FAILED _____
(Signature of test administrator)**