



# LMDC PAT DESCRIPTION

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## **ONE MILE RUN**

Applicants must run one mile in 13 minutes, 20 seconds or less to pass this portion of the test. This is a test of the endurance required to stand for extended periods of time.

## **OBSTACLE COURSE**

Applicants will run the timed obstacle course below in three minutes and 15 seconds (approximately 800 feet with several events that must be completed throughout the course). The course is timed to simulate the physical abilities an officer may be required to exhibit consecutively when responding to emergency situations.

\* There is a 10-minute break between the one mile run and obstacle course.

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## **OBSTACLE COURSE EVENT DESCRIPTIONS**

### Event 1

Run, ascend and descend flights of stairs, the equivalent of about four floors. This event simulates the agility and speed needed during a call for backup in another part of the correctional facility.

### Event 2

Run approximately 170 feet through a series of rooms and hallways. This event simulates the ability to maneuver through areas and around objects while responding to a call for backup or an emergency.

### Event 3

Run approximately 100 feet to a dummy lying on the ground. Drag the dummy, weighing approximately 150 lbs., for a distance of approximately 40 feet. This event will simulate the ability to move an injured inmate out of a cell into a safe place where medical attention can be administered.

### Event 4

Run approximately 400 feet to the finish line. This event simulates the physical endurance needed during an emergency situation.