

RILEY COUNTY
POLICE DEPARTMENT

R C A T



Riley County
Agility Test



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R C A T

The Riley County Police Department Physical Abilities Test (RCAT) is a hybrid physical ability/ job task analysis course designed to evaluate police officer and correction officer personnel and candidates on the essential physical capacities required to successfully perform their duties. RCAT is based on data from the RCMP PARE Research and Tests, as well as multiple Job Task Analysis for Police, Corrections, Probation and Parole. This document is focused solely on Police and Corrections.

The PARE program is primarily based on the research and work of Mr. Doug Farenholtz of the British Columbia Justice Institute. Mr. Farenholtz used a scientifically accepted method of task analysis to identify nine baseline physical activities required by public safety officers in the course of their duties:

Walking Running Jumping Climbing (stairs/hills)
Vaulting Lifting Carrying Pulling Pushing

It was recognized that public safety officers occasionally had to have the physical ability to gain and maintain control over resistive suspects.

Law Enforcement Officers also must sometimes intervene in disputes where they have to control aggressive and/or violent behavior (pushing, pulling). They are also sometimes involved in search and rescue operations (climbing, vaulting, crawling and carrying) particularly involving motor vehicle accidents (pushing, pulling, crawling and carrying). Although these activities are not common in nature they are essential and critical tasks for Law Enforcement.

RCAT was designed to replicate these critical and essential physical tasks and demands faced by Riley County Law Enforcement officers in the performance of their duties. Both specific tasks and overall physical demands are replicated through the use of a carefully designed, timed and validated obstacle course.



Push/Pull Machine and Controlled Falls

Push Activity

Part One: Push Activity, Controlled Fall on Stomach, Pull Activity, Controlled Fall on Back, Push Activity, Controlled Fall on Stomach, Pull Activity, Controlled Fall on Back.

Section one of the RCAT test begins with the push/pull station, which consists of a push/pull unit and a line on the wall 39" from the floor. The officer may perform this activity in the order they desire. Since the push is generally more difficult it is recommended that the facilitators encourage the officers to do this activity first and use the order listed above. This sequence requires the officer to alternate between the Push/Pull Machine and Controlled Falls.

The timed portion of the test begins when the officer grasps the handle and pushes the 50 lbs off the floor, then moves from right to left completing a 180 degree arc. An arc is completed by bringing the bar parallel with the base of the machine. The officer must remain in control throughout the activity. Shoulder girdle strength and endurance are required to push the weight and maintain control.

The officer's chest may not touch the lever arm. Arms must remain bent at the elbow throughout the performance of the activity. The degree of the bend can vary from approximately 60 to 135 degrees. The elbows or hands must not be touching the chest or shoulders since this denotes a lack of muscular control. The back must be straight and the contraction of the abdominal muscles to maintain pelvic tilt is essential.

It is important that the officer's elbows remain bent throughout the test and the arms or hands must not touch the chest or shoulders. Officers must be reminded of this throughout the performance of the push activity. Officers must also be reminded to continuously maintain the 50 lbs off the floor. If, after a reminder, the officer fails to correct their technique the specific arc should be repeated and the correct form used.



PART ONE

Push/Pull Machine and Controlled Falls

Once the first push is completed the weight is released in a controlled manner. The officer then moves away from the unit, falls on his/her stomach, executing a push-up like movement and stands up touching the line on the wall 39 inches from the floor. Specific form is not important; however, the officer must maintain control and come back to the ready position after each repetition. The officer then returns to the push/pull unit for the pull activity. After completing the pull activity the officer then executes a second fall, this time on their back, performing a sit-up like maneuver and rising to a standing position touching the wall once again. Specific form is not important; however, the officer must maintain control and come back to the ready position without assistance.

Getting up without assistance means the Following:

- After a stomach fall the officers push up from the floor mat with their arms in a push-up like manner. The form is not a significant issue. However the officer is not allowed to roll over or use any objects for support.
- After falling on their back the officers will stand up using a sit-up/ curl-up procedure. Again form is unimportant. Officers can roll on their back and use the roll to gain momentum to stand up. The officer cannot use any objects for assistance.



PART ONE

Obstacle Course - Mobility Run

Pull Activity

After the first controlled fall is completed the officer grasps the rope on the push/pull unit and pulls the weight (50 lbs) off the floor. It is permissible to grasp the bar itself but facilitators will encourage officers to utilize the rope. Maintaining the weight in this position, they move through a 180 degree arc. The arc is completed when the bar is parallel with the base of the machine. The officer must maintain control at all times and their elbows must remain flexed, at least slightly, throughout the activity.


In order to maintain proper balance, a shuffle movement of the feet is recommended. Crossing the feet over weakens the position and for less fit individuals may cause them to drop the weight or lose their balance.

The officer's back must be kept straight throughout the movement as well as contracting the abdominal muscles. This action stabilizes the pelvis.

It is important that the officer's elbows remain bent (at least slightly) throughout the test. Officers must be reminded of this throughout the performance of this pull

activity. If, after a reminder, the officer fails to correct their technique the specific arc should be repeated and the correct form used.

Officers must be reminded to continuously maintain the 50 lbs off the floor. If, after a reminder, the officer fails to maintain the weight the specific arc will be repeated.

A man is seen from the back, sitting on a piece of gym equipment. He is wearing a grey t-shirt and dark shorts. The t-shirt has a quote printed on the back, flanked by two arrows pointing in opposite directions. He is holding a rope handle of the machine with both hands. The gym floor is made of wooden planks.

are not called to
through each other,
out to see each
other through"

Obstacle Course - Mobility Run

After completing the final controlled fall the officer moves to the obstacle run. Reaching the starting location for the obstacle run should take no more than approximately 5 seconds. In the case where it is physically impossible to locate the starting cone within approximately 25 feet of the push/pull station an amount equivalent to the period taken to reach the starting cone must be deducted from the officer's total time.

Section two of RCAT consists of an 825' obstacle run where the officer must demonstrate gross motor ability such as mobility, agility, flexibility, power and general endurance.

- From the course start marker the officer runs to the outside of the marked course towards Marker #1 placed 20 feet out and 10 feet to the left of the course centerline.

- From this marker, the officer runs diagonally towards Marker #2. This marker is placed 40 feet out from the start position and 10 to the right of the centerline. Before reaching this second marker, the officer must jump over a four-foot obstacle (mat or taped outline on floor).

On landing the officer must turn left and proceed towards the stairs. In the event that the officer does not successfully jump over the four-foot obstacle they will be directed to repeat it immediately until successful.

- The stairs are placed in the center of the course in such a manner that the center of the top platform is exactly 60 feet from the start marker. The officer must run up and down the stairs hitting at least one step on the way up, the top platform and one step on the way down.



PART TWO

Obstacle Course - Mobility Run

- Marker #3 is set in the center of the course exactly eighty feet from the start marker. The officer runs outside this marker, turns sharply right or left and runs back towards the stairs going up and down again. The officer then proceeds toward Marker #4 which is placed exactly opposite to Marker #2 and in line with Marker #1.

- The officer runs around Marker #4 turns left diagonally running toward Marker #5. Marker #5 is placed exactly opposite to Marker #1 and in line with Marker #2. Before reaching this marker, the officer must jump over two identical obstacles 18 inches high and 10 feet apart.

- Upon reaching Marker #5 the officer turns right and runs toward the start marker. Before reaching this marker the officer will vault a 3 feet high railing. The officer then runs toward the start marker and repeats until 4 laps are completed. When the officer reaches the start marker on the 4th lap the timed portion of the test is completed.

Four laps must be completed before starting part 3 ("dummy" drag). This is to place the officer in an anaerobic condition before simulating performing a rescue of another person. In the event that the officer is unable to complete any portion of the mobility run they will repeat that portion immediately. As an example if the officer fails to jump across the four foot obstacle the facilitator will have the officer repeat the jump immediately. So long as the officer is able to successfully complete each portion in the total time allowed for the course this is permissible.

PART THREE

Dummy Drag

After a rest period of up to 60 seconds, the officer must drag a 150 pound “dummy” a distance of 25 feet. Officer must use the under the arm technique to accomplish this. This is done by reaching under the dummy’s arms and standing upright. The officer then drags the dummy for 25 feet. Officers 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 course. Officers will have three attempts to complete the task. Three unsuccessful attempts will constitute a failure. Officers failing the dummy drag section fail the RCAT test.





LOGISTICS

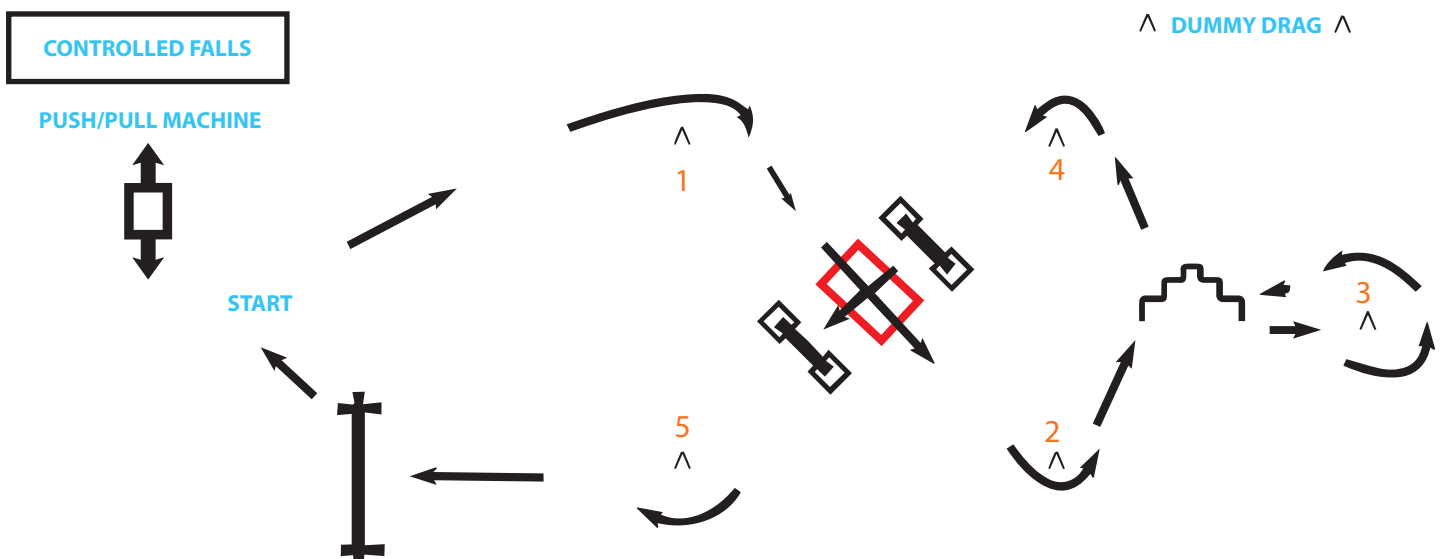
SPACE REQUIRED

Because of the variability presented by outdoor courses, RCAT is strictly done indoors so that a controlled environment can be established and maintained. This requires an open space, roughly equivalent to a small gymnasium or multi-purpose facility (please note attached RCAT map). The floor should be reasonably smooth and free from irregularities and hazards. Lighting should be bright and produce no significant shadows.

The actual area actively used in RCAT should be marked off and clearly identified to make certain that observers or participants waiting their turn do not stray into the course itself.

General Equipment Requirements

- 8 traffic cones
- 2 sets of hurdles (18" high)
- Portable Stairs
- Portable Vault and Climbing Rail (variable height 3-8 feet)
- Push/Pull Machine (Power Training Machine)
- 5 large portable mats





Push-Pull Machine (Fight Portion)



Description:

The course begins when the officer moves to the push-pull machine and engages the machine. The machine simulates struggling with and controlling a resistive subject. It also simulates extracting a subject from a car or room etc. It presents a standardized “fight” obstacle for each participant.

Assessment Elements:

Job Tasks

- Physically control person
- Pull-drag person
- Struggle/fight with person

Physical Abilities

- Balance
- Core Strength
- Agility
- Body Strength

Fall to Back/Front

Description:

After completing the first portion of the push/pull machine the officer moves to a wall and executes back and front falls to the floor, simulating being knocked down or falling to the ground in a fight scenario and recovering to your feet.

Assessment Elements:

Job Tasks

- Physically control person
- Ability to get to up

Physical Abilities

- Balance
- Core Strength
- Agility
- Body Strength

DESCRIPTIONS

Foot Jump Obstacle



Description:

After running past marker #1 the officer jumps the four foot obstacle (designed to simulate a ditch or other opening-type obstacle). The officer's feet cannot land within the marked obstacle perimeter.

Assessment Elements:

Job Tasks

Pursuing someone on foot
Jumping across obstacles

Physical Abilities

Depth perception
Running speed
Body Strength

Stairs Climb Simulator

Description:

After completing the jump obstacle the officer runs around marker #2 and approaches the stair simulator. Comprised of five steps on either side, the officer runs up one side, down the other, rounds a cone and repeats the stair obstacle. The officer must touch at least one step and top portion while going up and down.

Assessment Elements:

Job Tasks

Pursuing someone on foot
Walking/running up and down stairs

Physical Abilities

Depth perception
Visual Acuity
Agility
Coordination
Core Strength
Body Strength

Eighteen Inch Barrier Jump



Description:

After running around marker #4 the officer passes through the center section of the course, which contains two eighteen-inch jump barriers. These barriers are intended to represent small obstructions, such as curbs, small walls etc.

Assessment Elements:

Job Tasks

Pursuing someone on foot
Jumping over common obstacles

Physical Abilities

Depth perception
Balance
Agility
Coordination
Core Strength
Ability to jump
Lower body strength

Three Foot Vault



Description:

After running around marker #5 the officer does a controlled vault of three feet, makes a two footed landing and runs toward the start marker. The officer then begins the obstacle course again.

Assessment Elements:

Job Tasks

Pursuing someone on foot
Jump/climb over obstacles

Physical Abilities

Depth Perception
Agility
Coordination
Balance

DESCRIPTIONS

Dummy Drag

Description:

After completing the obstacle run portion of the test the officer is given up to a sixty second recovery time and then moves to a 150 pound drag dummy. The drag dummy must be moved in a controlled manner for 25 feet. Officers must not stop once they begin the drag. Officers are only given three attempts to complete the drag.

Assessment Elements:

Job Tasks

Physically control person
Pull/drag person
Lift and carry person

Physical Abilities

Balance
Core strength
Body Strength
Ability to recover
(the drag takes place after running the rest of the course participants are usually quite fatigued at this point in the process)