



Kevin DiNapoli Chief of Police

Deputy Chief Jason Lucontoni

**Wenham Police Department's  
PHYSICAL AGILITY TEST STANDARDS  
PAT's to be held: July 1, 2021 @ 3pm**

The Police Officer Physical Agility Test (PAT), 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 Wenham Police Department has provided some basic training recommendations along with the testing requirements. All candidates are expected to put forth a maximum effort during the PAT. Before starting any type of training program, you should consult with your physician.

Be advised that the PAT consists of a battery consisting of (3) tests based upon the "Cooper Standards." The minimum passing score for each segment is listed below. Failure to pass any stage will result in immediate disqualification from the process. Candidates who will be invited to the PAT will be notified in advance.

**\*\* No candidate will be allowed to participate in the PAT if they do not have a signed "PAT Waiver" form with them at the time of their assigned PAT. All candidates invited to attend the PAT MUST bring their completed PAT Waiver form to the PAT's on July 1, 2021. The Waiver and Release and Form, will be made available on-line through the PES and policeapp.com website. Further information will be given at the time of the written examination.**

- No candidate will be allowed to participate in the PAT if they do not have a signed "Waiver and Release" form with them at the time of their assigned PAT.
- You must also bring a photo ID. (Driver's license, military ID).
- No firearms are allowed at the PAT testing site except by members of the Wenham Police Department.
- Dress for the weather in appropriate exercise gear. You will be running and performing sit-ups and push-ups. Sneakers must be worn.
- All candidates must bring water. You may bring a snack if desired.
- Candidates who are unsure if they are medically fit to participate in the PAT are encouraged to seek a qualified medical opinion from a physician before committing to the recruitment process.

<b>MALES</b>	<b>18-29</b>	<b>30-39</b>	<b>40-49</b>
1.5 mile run	12:53	13:24	14:07
Sit-ups (1 minute)	37	33	28
Push-ups (1 minute)	27	21	16
<b>FEMALES</b>	<b>18-29</b>	<b>30-39</b>	<b>40-49</b>
1.5 mile run	15:14	15:58	16:46
Sit-ups (1 minute)	31	24	19
Push-ups (1 minute)	14	10	8

\*Females are not allowed to perform modified versions of push-ups.

The PAT will be administered by members of the Wenham Police Department, in addition to other assigned personnel of various ranks. **The schedule calls for the PAT to begin immediately at 3pm on July 1<sup>st</sup> at the Brigham Athletic Complex, 36 Hull St., Wenham, MA. Candidates are required to bring their PAT Waiver Form to the test.** You can download the PAT Waiver through the PES or policeapp.com website.

Successful candidates who pass the PAT and are ranked high enough on the eligibility list may be invited to the Interview Panel to be held at a later date. Further instructions relative to further phases of the recruitment will be given on the day of the PAT and at other times during the recruitment phases.