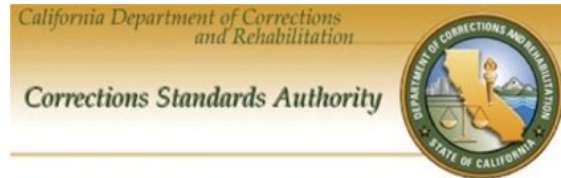


CALIFORNIA CORRECTIONS STANDARDS AUTHORITY
STANDARDS AND TRAINING FOR CORRECTIONS (STC)

ADULT CORRECTIONS OFFICERS
PHYSICAL AGILITY TESTS
(PAT)



BENCHMARK MINIMUMS

During a 176 hour training program, trainees will be tested on the following four tasks which simulate tasks performed on the job.

1. Demonstrate ability to quickly drag a 165 pound bag or dummy by the handle or strap for a distance of 20 feet or more over a carpeted or flat mowed grass surface.

Benchmark minimum: In 30 seconds, drag the 165 pound bag or dummy at least 20 feet. (This corresponds to dragging the bag/dummy at a pace corresponding to a very slow walk.)

2. Demonstrate ability to walk briskly 75 feet or more while carrying a 30 pound airpack or weighted backpack.

Benchmark minimum: Wearing a 30 pound airpack/backpack, walk a total distance of at least 75 feet (three 25-foot laps) within the 30 seconds. (This corresponds to a pace equivalent to at least a moderate walk.)

3. Demonstrate ability to walk briskly or jog 150 feet through a course which includes climbing up and down a short flight of steps.

Benchmark minimum: Complete the full course (15 yards to steps, 10 steps up and down, 15 yards back to starting point) within 30 seconds.

4. Demonstrate speed in sprinting a distance of 50 yards on a straight track.

Benchmark minimum: Complete the 50 yard sprint within 20 seconds (i.e., at a pace on the borderline between a fast jog and a slow run).



ADDITIONAL PHYSICALLY DEMANDING JOB TASKS

A. Task: Walk or stand for long periods of time.

Average Frequency: Every shift.

Typical Minimum Standard: Be able to walk or stand for 7 hours of an 8 hour shift.

B. Task: Pursue inmates on foot (running).

Average Frequency: Less than once or twice a year.

Typical Minimum Standard: After walking/standing for 7 hours of an 8 hour shift, be able to pursue a running inmate by sprinting a distance of 30 to 50 yards.

C. Task: Run to the scene of a disturbance or emergency.

Average Frequency: One to three times per month.

Typical Minimum Standard: After walking/standing for 7 hours of an 8 hour shift, be able to walk briskly or jog a distance of 150 feet to the scene of an emergency, including climbing one short flight of stairs (e.g., 20 steps), within a total time of approximately 30 seconds.

D. Task: Physically subdue or restrain a resisting inmate by yourself.

Average Frequency: About twice a year.

Typical Minimum Standard: After walking/standing for 7 hours of an 8 hour shift, be able to apply appropriate techniques to physically restrain a resisting individual, by yourself, for at least 30 seconds.

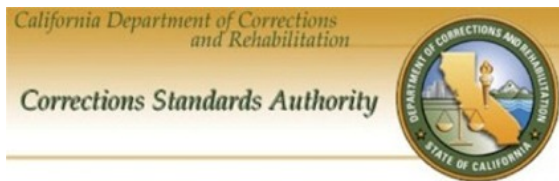
E. Task: Physically subdue or restrain a resisting inmate with the help of one or more other corrections staff.

Average Frequency: About once a month.

Typical Minimum Standard: After walking/standing for 7 hours of an 8 hour shift, be able to apply appropriate techniques to help another officer to:

A. Move a resisting individual a distance of 20 feet or more (e.g., away from the scene of a disturbance), and

B. Physically restrain a resisting individual for at least one minute.



- F. Task: Physically separate two fighting inmates with the help of one or more other corrections officers.

Average Frequency: Three to eleven times a year.

Typical Minimum Standard: After walking/standing for 7 hours of an 8 hour shift, and then walking briskly or jogging 150 feet in response to a call for help, be able to help another officer separate two fighting inmates by approaching one of the inmates from behind, pulling the inmate away, and applying appropriate techniques to restrain the inmate for at least one minute.

- G. Task: Defend yourself against an inmate armed with a weapon.

Average Frequency: Less than once a year.

Typical Minimum Standard: After walking/standing for 7 hours of an 8 hour shift, be able to handle an attacking inmate by verbally de-escalating the situation if possible, and, when that is not possible, calling for assistance, retreating, or otherwise acting to minimize injury to self and others.

- H. Task: Search areas for contraband that are not easily accessible (for example, under beds; in, behind, and around large equipment; vehicles, etc.).

Average Frequency: Two to three times a month.

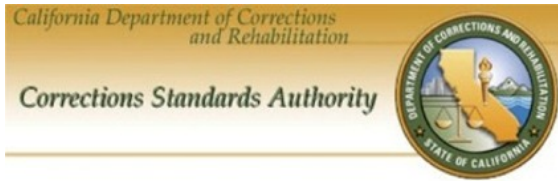
Typical Minimum Standard: After walking/standing for 7 hours of an 8 hour shift, be able to repeatedly:

- A. Assume position to look under a bed and visually search the area for contraband, and,
- B. Step up on a chair and maintain balance while reaching to search high areas.

- I. Task: Carry heavy objects by yourself (for example, disabled or unconscious inmate or piece of equipment).

Average Frequency: Three to eleven times a year.

Typical Minimum Standard: After walking/standing for 7 hours of an 8 hour shift, be able to carry a wall mounted 50 pound airpack on your back and walk briskly 75 feet or more.



- J. Task: Drag heavy objects (for example, disabled or unconscious inmate or piece of equipment).

Average Frequency: Three to eleven times a year.

Typical Minimum Standard: After walking/standing for 7 hours of an 8 hour shift, and walking briskly or jogging 75 feet, be able to apply appropriate technique to quickly drag a 165 pound inmate for a distance of 20 feet or more.