

# CENTRAL AID AGENCY

## Physical Ability Standards Regulation 6.15

CLASSIFIED	
Unclassified	
Security Level	Date of Classification
0	09/01/2021

### Description

Many duties require personnel maintain a level of physical ability and fitness so they can best carry out the role successfully. To ensure that personnel in these designated roles are able to carry them out effectively, physical ability standards have been established. These standards are in line with national or similar standards established for similar roles in other agencies. The specific application of these standards is dependent on the particular role or assignment. In some cases these standards may only be applied during selection for a particular role or assignment, and in other cases personnel must meet or exceed minimum standards on a continual basis (typically annually). Standards are organized according to general personnel work category and there are different levels that can be tailored to specific roles and assignments. When personnel qualify for multiple Physical Ability (PA) Levels, the levels are listed in order of highest to lowest separated by a slash. In general, personnel are typically only required to maintain one type of physical ability standard, unless their role or assignment specifically requires more than that.

### Implementation and Exemption

Command personnel within a Command or unit Chain of Command have some authority as to how these standards are applied to their subordinates. Command personnel have the ability to electively choose tougher standards than dictated for a particular role if they so wish, as long as they can demonstrate a justifiable reason for doing so. Command personnel may also make exemptions to these standards on a case by case basis when there is extremely compelling reason to do so. Annual tests must be completed prior to, or within 30 days after, the established deadline each year.

### Testing

It is the responsibility of command personnel or a unit Chain of Command to ensure compliance with established standards for a particular role or assignment. Testing should be done on a regular schedule, and personnel should be given time to prepare ahead of time. Unless otherwise dictated by rule or policy, personnel may attempt a test as many times as necessary to pass. Testing may be conducted as long as at least one credible witness is present, and authorization has been given to conduct the test. Documentation of test completion or failure shall be noted in the official personnel file for each person that attempts the test. It is the responsibility of command personnel or a unit Chain of Command to maintain these records. Personnel should be encouraged to strive for higher standards than the minimum required for their role or assignment. Higher scoring personnel shall be considered with preference, considering all other factors and service history, during processes for promotion or special assignments.

### Attire

Personnel participating in physical ability testing should wear Physical Training (PT) style uniforms/clothing and shoes; unless regular uniforms/equipment/footwear is specifically required based on the particular role or assignment.

<b>Deployable / Basic Personnel Physical Ability Levels</b>					
<b>PA Level</b>	<b>Work Type</b>	<b>Description</b>	<b>Time</b>	<b>When Required</b>	<b>Typically Required For</b>
0D	General	No specific requirement, but personnel must be able to carry out their assigned duties effectively.	None	During selection and throughout assignment duration.	All deployable personnel, unless otherwise defined.
1D	Light	Walk Test – 1 mile walking with no pack or load. Standard duty gear/packs may optionally be worn, or required in some circumstances.	16 Minutes	During selection, ongoing re-qualification typically done annually.	All deployable personnel that may occasionally operate in field environments.
2D	Moderate	Field Test – 2 mile walking with a 25 pound pack.	30 Minutes	During selection, ongoing re-qualification typically done annually.	Personnel that primarily operate in field environments. Wilderness Search and Rescue personnel.
3D	Arduous	Pack Test – 3 mile walking with 45 pound pack.	45 Minutes	During selection, ongoing re-qualification typically done annually.	Personnel that primarily operate in field environments and engage in arduous or physically demanding tasks on a continual basis. Wildland Fire personnel as required by state and federal standards.
<b>Notes</b>					
<ul style="list-style-type: none"> <li>• Tests must be administered at a walking pace; running or jogging is not permitted.</li> <li>• Tests should be conducted on relatively flat, even ground.</li> </ul>					

<b>Security Personnel Physical Ability Levels</b>					
<b>PA Level</b>	<b>Work Type</b>	<b>Description</b>	<b>Time</b>	<b>When Required</b>	<b>Typically Required For</b>
0S	General	No specific requirement, but personnel must be able to carry out their assigned duties effectively.	None	During selection and throughout assignment duration.	Security Agent 0 - 2
1S	Light	ORPAT Test – Stages 1, 2, & 3.	6:30 Minutes	During selection, ongoing re-qualification may be required annually depending on assignment/role.	Security Agent 3 - 5
2S	Moderate	ORPAT Test – Stages 1, 2, & 3.	5:30 Minutes	During selection, ongoing re-qualification may be required annually depending on assignment/role.	All Agents 6 and above (Unless stated otherwise)
3S	Arduous	ORPAT Test – Stages 1, 2, & 3.	4:30 Minutes	During selection, ongoing re-qualification may be required annually depending on assignment/role.	Special Tactical Personnel
3S	Arduous	Cooper “Single Cut Point” – Stages 1, 2, 3, & 4.	Stage 1: 16:28 Minutes  Stage 2: 1:11 Minutes  Stage 3: 1 Minute  Stage 4: 1 Minute	During selection, ongoing re-qualification may be required annually depending on assignment/role.	Special Tactical Personnel
<b>Notes</b>					
<ul style="list-style-type: none"> <li>• ORPAT stands for Oregon Physical Abilities Test, the test is comprised of three stages.</li> <li>• All three stages of the ORPAT are administered in accordance with Oregon state standards.</li> <li>• For a detailed description of the ORPAT and Cooper “Single Cut Point” Stages see <b>Qualification Standards (Regulation 17.1)</b>.</li> <li>• Comparable physical ability tests may be substituted for the ORPAT, when appropriate and authorized.</li> </ul>					