



Candidate Development Support Services (CDSS) Virtual Physical Ability and Stamina Test (PAST) Standard Operating Procedures (SOP)

Current as of 09 Apr 2020

This document provides guidance and procedures to assist in completing a virtual PAST utilizing video to validate candidate's performance. This guidance may also be utilized by a SOR to submit T3i Field Developers results of Pre-Screening PASTs for Entry Into Development. Guidance of this nature is necessary due to COVID-19 quarantine, and no field developer present during testing.

1. Candidate Equipment Items.

- 1.1 - Cell phone or any other video capturing device to aid in documenting PAST objectives.
- 1.1.1 - Candidate may use any means to steady the camera, while ensuring no interruptions occur during filming of event. If using a phone, apply airplane settings or do not disturb settings during filming.

2. Scoresheet.

- 2.1- Field Developer will provide a score sheet to the candidate before attempting PAST to aid documenting completion of PAST. The candidate will sign then scan or take a picture of completed scoresheet upon completion of test and electronically submit this to the appropriate field developer. The scoresheet will be considered complete and valid once the PAST video is reviewed and validated by the appropriate field developer.

3. PAST Requirements.

- 3.1 - Candidate must have an appropriate pull-up bar, object or person to hold feet during sit-ups, an area large enough to conduct calisthenics, and a relatively flat measured course for the 1.5-mile run and a means to record performance.

4. Capturing PAST events.

- 4.1 - The candidate will place camera to record the following viewing areas, ensuring the optimal field of view for validation of PAST completion.

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4.2 - Pull-ups camera placement. Candidate should be facing the camera (optimal view) as much as directly (head on) possible. The video must contain a view of the candidate in count 1 and count 2 of exercise throughout the two-minute work period. Viewpoints will include the following; dead hang position, palms facing the bar with no bend in the elbows, as well as when the chin breaks the horizontal plane of the bar. This view should capture the entire body to ensure legs are not aiding in the completion of the movement. This viewpoint will aid validation of proper form during the two-minute work period.



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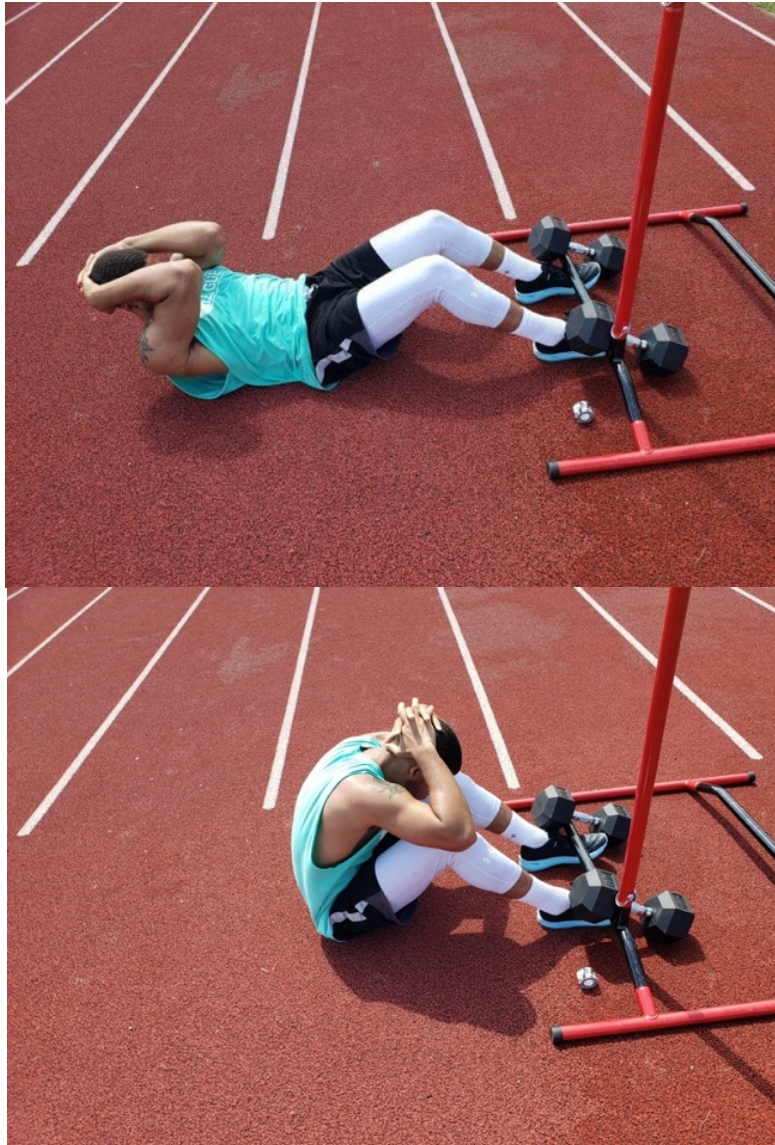


4.3 - Sit-up

camera placement.

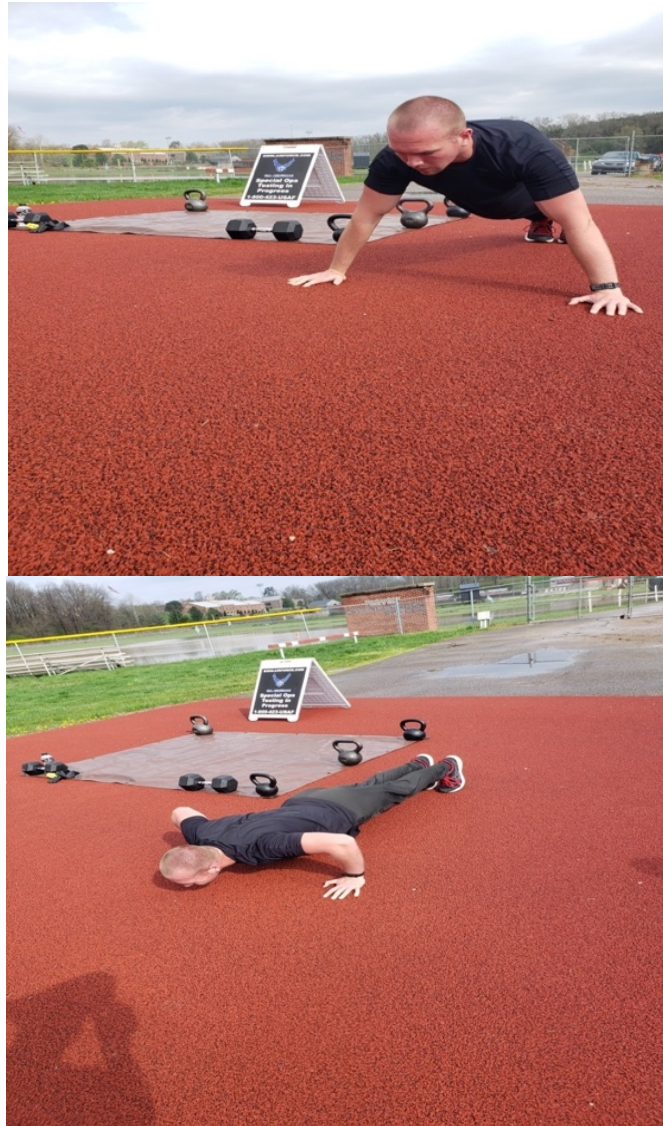
Candidate should be viewed in profile (from the side) as much as possible. The video must contain a view of the candidate in count 1 and count 2 of exercise. Viewpoints will include the following; lying flat on their back, hands interlocked behind head, legs bent at approximately a 90-degree angle, head off ground in starting position and all same body position but candidate's back vertical to the ground in the up position. Placing camera in this manner will ensure capture of all listed items and aid in validating proper form.

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4.4 - Push-up camera placement. The video must contain a view of the candidate in count 1 and count 2 of exercise. Place the camera facing the candidate at 45-degree angle to their shoulders to ensure capture of the following; starting position of hands shoulder width apart (arms, back and legs locked straight), bottom position with elbows bent at a 90-degree angle, and returning to the start position (arms locked out). Placing camera in this manner will ensure capture of all listed items and aid in validating proper form.

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4.5 - 1.5 mile run camera placement. Position the camera to capture start point and completion point of run. All reasonable attempts should be made to capture all of the run, but this may not always be possible. At a minimum the start and stop point should be documented with running video of start and finish of event. Placing camera in this manner will ensure capture of all listed items and aid in validating proper form.

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***NOTE:** Applicants are expected to use integrity in reporting their run times; a large discrepancy between run time on virtual PAST and run time for in person PAST may be grounds for NOT continuing the Applicant's Development.*



5. Post-PAST procedures

5.1 - Documenting completion of PAST. Upon completion of all events the candidate will print and sign their name or digitally sign name on the PAST score sheet. The scoresheet will be sent to the appropriate field developer via email. Pre-coordination regarding video must be made with their field developer at a minimum of 3 days prior to taking the PAST.

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