



**Okaloosa County Sheriff's Office**  
**Standard Operating Procedure: 36.23**  
**Subject: PAT Participant and Weather Monitoring**

Revised 11/03/2011

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This Standard Operating Procedure consists of the following sections:

**A. Purpose**  
**B. Policy**  
**C. Procedures**

**A. Purpose**

The purpose of this Standard Operating Procedure is to ensure proper precautions are taken so personnel participating in the Physical Abilities Test are not affected by adverse conditions.

**B. Policy**

It is the policy of the Sheriff's Office to ensure the physical wellbeing of its personnel. The Sheriff's Office will not subject its personnel to adverse conditions while participating in the Physical Abilities Testing (PAT) Program

**C. Procedures**

1. All Agency Certified Trainers need to be cognizant of current weather conditions and the effects it's having on the PAT participants.
2. Trainers will ensure they have plenty of water on hand for each participant and instruct them remain hydrated both before and after completing the PAT course.
3. Trainers will notify Communications prior to each testing session in the event emergency medical assistance is needed.
  - a. While communicating with dispatch personnel determine whether there are any special weather advisories, i.e. lightening in the area, severe thunderstorm / tornado warning, etc.
4. Participants should be instructed to adequately stretch prior to attempting the PAT course.
5. Trainers should be aware of the symptoms of heat stress: Headaches, dizziness, faintness, nausea, vomiting, fever, profuse or decreased sweating, cramps, convulsions, lack of coordination, and unconsciousness.
  - a. Treatment for heat stress: Move the individual to a cooler or shaded location, loosen tight clothing, provide water to drink, and notify emergency medical services.
6. Trainers should be equipped with a thermometer and humidity meter to measure ambient air temperature and relative humidity. The two measurements will be observed and the below chart used to determine an acceptable training environment:

# NOAA's National Weather Service

## Heat Index

Temperature (°F)

| Relative Humidity (%) | 80 | 82 | 84  | 86  | 88  | 90  | 92  | 94  | 96  | 98  | 100 | 102 | 104 | 106 |
|-----------------------|----|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 40                    | 80 | 81 | 83  | 85  | 88  | 91  | 94  | 97  | 101 | 105 | 109 | 114 | 119 | 124 |
| 45                    | 80 | 82 | 84  | 87  | 89  | 93  | 96  | 100 | 104 | 109 | 114 | 119 | 124 | 131 |
| 50                    | 81 | 83 | 85  | 88  | 91  | 95  | 99  | 103 | 108 | 113 | 118 | 124 | 131 | 137 |
| 55                    | 81 | 84 | 86  | 89  | 93  | 97  | 101 | 106 | 112 | 117 | 124 | 130 | 137 | 143 |
| 60                    | 82 | 84 | 88  | 91  | 95  | 100 | 105 | 110 | 116 | 123 | 129 | 137 | 143 | 150 |
| 65                    | 82 | 85 | 89  | 93  | 98  | 103 | 108 | 114 | 121 | 128 | 130 | 137 | 143 | 150 |
| 70                    | 83 | 86 | 90  | 95  | 100 | 105 | 112 | 119 | 126 | 134 | 137 | 143 | 150 | 157 |
| 75                    | 84 | 88 | 92  | 97  | 103 | 109 | 116 | 124 | 132 | 137 | 143 | 150 | 157 | 164 |
| 80                    | 84 | 89 | 94  | 100 | 106 | 113 | 121 | 129 | 135 | 143 | 150 | 157 | 164 | 171 |
| 85                    | 85 | 90 | 96  | 102 | 110 | 117 | 126 | 135 | 143 | 150 | 157 | 164 | 171 | 178 |
| 90                    | 86 | 91 | 98  | 105 | 113 | 122 | 131 | 140 | 148 | 157 | 164 | 171 | 178 | 185 |
| 95                    | 86 | 93 | 100 | 108 | 117 | 127 | 136 | 145 | 154 | 164 | 171 | 178 | 185 | 192 |
| 100                   | 87 | 95 | 103 | 112 | 121 | 132 | 141 | 150 | 160 | 169 | 178 | 185 | 192 | 200 |

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

 Caution

 Extreme Caution

 Danger

 Extreme Danger

a. No training will be conducted when the Heat Index is in the Danger (orange) range.

7. Trainers must be certified in Cardiopulmonary Resuscitation (CPR) and the use of an Automated External Defibrillator (AED).

APPROVED:  /S/

**MAJOR JD PEACOCK**  
**ADMINISTRATION BUREAU CHIEF**