

# Integrating Communications, Assessment, and Tactics (ICAT) - Wetzel Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

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# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

**Remember:** successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

# How to Use This Guide

**This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:**

## **1. Start with a Diagnostic Review**

**Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.**

## **2. Study in Short, Focused Sessions**

**Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.**

## **3. Learn from the Explanations**

**After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.**

## **4. Track Your Progress**

**Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.**

## **5. Simulate the Real Exam**

**Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.**

## **6. Repeat and Review**

**Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.**

**There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!**

## Questions

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- 1. What does PERF stand for?**
  - A. Police Executive Research Forum**
  - B. Public Emergency Response Federation**
  - C. Policy Evaluation and Research Foundation**
  - D. Police Engineering and Rural Forum**
  
- 2. Which term describes medications legally available only by prescription?**
  - A. Alcohol**
  - B. Illegal drugs**
  - C. Acute**
  - D. Rx drugs**
  
- 3. What is a key factor that enables officers to speak up when witnessing wrongdoing?**
  - A. Clear Instructions To Stay Silent**
  - B. Comfort With Supervisors And Agency Culture**
  - C. Bureaucratic Hurdles That Delay Reports**
  - D. Isolation From Colleagues**
  
- 4. Which framework is used to assess the subject's Means/Ability, Opportunity, and Intent?**
  - A. M-A-O-I**
  - B. Means/Ability, Opportunity, Intent**
  - C. S-A-R**
  - D. L-E-S**
  
- 5. What proportion of adults experience mental health problems?**
  - A. 1**
  - B. 5**
  - C. 10**
  - D. 20**

- 6. What is the first step on the Behavioral Change 'Staircase'?**
- A. Introductions**
  - B. Empathy**
  - C. Rapport**
  - D. Influence**
- 7. Why was the 21-foot rule changed?**
- A. It was changed due to the distance not being attributed to any specific situation, this then lead to the distance of threats being called the reactionary gap**
  - B. It was changed due to the distance not being attributed to any specific situation, this then lead to the distance of threats being called the reactionary gap**
  - C. It was changed due to new firearm technology**
  - D. It was changed to shorten arrest distances**
- 8. Which statement is NOT Collect Information?**
- A. What do I know about this incident (subject, victim, location)?**
  - B. What more can you tell me about this incident?**
  - C. What more can you tell me about previous incidents involving this location or subjects?**
  - D. How does the current weather affect actions?**
- 9. When should the Critical Decision-Making Model (CDM) be used?**
- A. Only after the incident.**
  - B. Before, during, and after incidents which involved the need for intervention.**
  - C. Before the incident.**
  - D. During and after incidents.**

**10. What is the primary role of the designated Watcher in responding to a crisis involving a subject with a potential medical emergency?**

- A. To monitor the subject's medical condition**
- B. To manage crowd control.**
- C. To document evidentiary details.**
- D. Designate an officer whose sole focus is to monitor the subject's medical condition.**

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## Answers

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1. A
2. D
3. B
4. B
5. B
6. A
7. B
8. D
9. B
10. D

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## **Explanations**

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## 1. What does PERF stand for?

- A. Police Executive Research Forum**
- B. Public Emergency Response Federation**
- C. Policy Evaluation and Research Foundation**
- D. Police Engineering and Rural Forum**

Acronyms in policing policy discussions often point to a specific national organization that conducts research and guidance for police executives. PERF stands for Police Executive Research Forum, a nonprofit focused on improving policing through rigorous research, policy development, and leadership guidance for police agencies. Its work covers areas like governance, use of force, accountability, and reform efforts, and you'll see the name cited in debates and reports about modern policing. The other suggested expansions don't align with the real organization known by that acronym, so they don't reflect PERF's identity.

## 2. Which term describes medications legally available only by prescription?

- A. Alcohol**
- B. Illegal drugs**
- C. Acute**
- D. Rx drugs**

Prescription status determines how a medication may be obtained. Medications that require a clinician's order are called Rx drugs. The need for a prescription exists because these drugs can have serious side effects, interact with other medicines, or require careful dosing and monitoring. A doctor decides when a drug is appropriate, how much to take, and for how long, and the pharmacist verifies the prescription and can provide guidance on safe use. Other terms don't describe this access pattern: alcohol is a separate substance with its own legal rules, illegal drugs are not legally available, and acute is a descriptor of onset or severity, not how a drug is accessed. So the description that fits "medications legally available only by prescription" is Rx drugs.

**3. What is a key factor that enables officers to speak up when witnessing wrongdoing?**

- A. Clear Instructions To Stay Silent
- B. Comfort With Supervisors And Agency Culture**
- C. Bureaucratic Hurdles That Delay Reports
- D. Isolation From Colleagues

The ability to speak up when witnessing wrongdoing hinges on trust and safety created by supervisors and the agency culture. When leaders model ethics, respond consistently to concerns, and protect those who report misconduct, officers feel confident that their concerns will be taken seriously and that retaliation won't follow. This creates psychological safety—the sense that it is safe to raise concerns without fearing punishment—which makes reporting more likely and timely. Clear pathways to report, fair follow-up, and visible consequences for wrongdoing reinforce that climate. In contrast, signaling to stay silent discourages reporting, bureaucratic hurdles slow or block action, and isolation from colleagues removes the social support that makes speaking up feel safe. These factors undermine the willingness to come forward. So, comfort with supervisors and the overall agency culture that supports reporting and protects reporters best enables officers to speak up.

**4. Which framework is used to assess the subject's Means/Ability, Opportunity, and Intent?**

- A. M-A-O-I
- B. Means/Ability, Opportunity, Intent**
- C. S-A-R
- D. L-E-S

The main idea here is to gauge risk by looking at three interrelated factors: whether someone has the means or ability to act, whether they have an opportunity to act, and whether they intend to act. When these three elements are present, the potential for action is higher, which is why this framing is used. The best answer names exactly those three components: Means/Ability, Opportunity, Intent. It communicates the framework in a direct, descriptive way, which is why it's the preferred label in questions like this. The acronym form of the same idea exists, but the spelled-out version matches the prompt's description more precisely. The other options point to different concepts and don't align with the three specific factors listed.

**5. What proportion of adults experience mental health problems?**

- A. 1
- B. 5**
- C. 10
- D. 20

Prevalence is the idea here: mental health problems are relatively common among adults. The widely cited figure is that about one in five adults experiences a mental health problem in a given year, which is roughly 20% of the adult population. The best choice reflects that one-in-five proportion, since it conveys that about twenty out of a hundred adults are affected. Other numbers would imply smaller or larger shares that don't match that common statistic.

## 6. What is the first step on the Behavioral Change 'Staircase'?

**A. Introductions**

**B. Empathy**

**C. Rapport**

**D. Influence**

Starting with introductions sets the tone and creates a safe opening for the conversation. By clearly stating who you are, why you're there, and what to expect, you establish transparency and reduce uncertainty, which is essential before you can do deeper work. Once the other person knows who is speaking and why, you can transition into understanding their perspective (empathy) and then build a genuine connection (rapport), which in turn makes influencing outcomes possible. Without that initial introduction, the interaction can feel abrupt or guarded, making it harder to move to empathy, rapport, or influence.

## 7. Why was the 21-foot rule changed?

**A. It was changed due to the distance not being attributed to any specific situation, this then lead to the distance of threats being called the reactionary gap**

**B. It was changed due to the distance not being attributed to any specific situation, this then lead to the distance of threats being called the reactionary gap**

**C. It was changed due to new firearm technology**

**D. It was changed to shorten arrest distances**

Distance is treated as a situational, dynamic measure rather than a fixed number. The change moves away from using a single 21-foot threshold to a concept called the reactionary gap, which is the space needed for an officer to perceive, decide, and physically respond to a threat. Why this change makes sense is that real-world encounters vary widely. The time and space required to safely respond depend on factors like the type of threat, how quickly the subject closes distance, the officer's training and readiness, visibility, obstacles, and the environment. A universal distance can be too large in some scenarios and too small in others, so framing safety margins around the reactionary gap allows the response to be scaled to the specifics of each situation. The shift isn't about new firearm tech or simply shortening arrest distances; it's about recognizing that appropriate distance should reflect the actual conditions of each encounter and the time needed to react.

## 8. Which statement is NOT Collect Information?

- A. What do I know about this incident (subject, victim, location)?
- B. What more can you tell me about this incident?
- C. What more can you tell me about previous incidents involving this location or subjects?
- D. How does the current weather affect actions?**

Collecting information is about pulling in facts that describe what happened, who is involved, where it occurred, and any history that helps you understand the situation. Questions that ask what is known about the incident, what more can be learned about the incident itself, and what more can be learned about previous incidents involving the location or subjects all fit this goal because they seek concrete data and context you can verify. The statement about how the current weather affects actions goes beyond gathering facts. It focuses on how conditions influence what you should do next, which is about assessment and planning rather than simply collecting information. It's about evaluating external factors to shape decisions and actions, not about gathering baseline information.

## 9. When should the Critical Decision-Making Model (CDM) be used?

- A. Only after the incident.
- B. Before, during, and after incidents which involved the need for intervention.**
- C. Before the incident.
- D. During and after incidents.

The Critical Decision-Making Model is a structured approach that applies across the incident lifecycle, not just at one moment. Before an incident, it helps set objectives, identify potential strategies, and establish thresholds for action so you're prepared. During an incident, it provides a repeatable way to assess the evolving situation, weigh options, and implement a chosen course while continually monitoring risk and adapting to new information. After an incident, it supports a thorough debrief and learning process to capture what worked, what didn't, and how plans and training can be improved. This makes it the best answer because you gain guidance for proactive preparation, real-time decision making, and post-incident learning—all essential for interventions. Using it only after misses the chance to plan and prevent escalation; using it only before misses the real-time guidance needed during the event; using it only during misses the important reflection and improvement that comes after.

**10. What is the primary role of the designated Watcher in responding to a crisis involving a subject with a potential medical emergency?**

**A. To monitor the subject's medical condition**

**B. To manage crowd control.**

**C. To document evidentiary details.**

**D. Designate an officer whose sole focus is to monitor the subject's medical condition.**

The key idea here is having someone whose exclusive job is watching the subject's medical status and relaying that information quickly to responders. When an officer is assigned as a dedicated Watcher, they can focus on signs of deterioration, responsiveness, and timing of any changes without being pulled into crowd control or paperwork. This continuous, single-minded observation helps ensure that crucial details are noticed promptly and that medical teams receive accurate, up-to-date information as the situation evolves. It also frees other responders to handle security, crowd management, or documentation without compromising the subject's care. While crowd control and documentation are important, they should not compete with the immediate need for persistent medical monitoring, which is best achieved by designating a dedicated officer for that role.

## Next Steps

**Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.**

**As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.**

**If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at [hello@examzify.com](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://icatwetzels.examzify.com>**

**We wish you the very best on your exam journey. You've got this!**