

PHYSICAL ABILITY COURSE

DESCRIPTION

The test will require a candidate to complete several physical tasks in sequence within an allotted time frame. All applicants will be given an orientation and walk through prior to taking the test. Candidates should be sure to proceed through the test safely. No one will be allowed to take the test unless he/she is fully aware of what he/she is expected to do.

TEST EVENTS

Each event listed below corresponds to a particular point on the attached map.

1. **Physical Description**: A test monitor will give the candidate verbal instructions to pursue a fleeing suspect/inmate (which is fictitious) by providing a description of what the suspect/inmate looks like (for example, a Caucasian male about 6 feet 5 inches in height with short black hair). Finally, the test monitor will tell the candidate to "GO." The candidate must then complete the following physical tasks.
2. **Run down stairs**: The candidate must begin their pursuit running down a flight of stairs. Timing begins when the candidate is told to "GO."
3. **Run (250 yards)**: The candidate must continue the run a distance of about 250 yards (the approximate length of the entire course), encountering obstacles along the way.
4. **Fence Climb (about 5 feet, 11 inches tall)**: Candidates will run to the next obstacle, a 5'11" wooden fence, and climb over the top of it. The candidate is instructed to first attempt to get over the fence without the use of a foot-hold, but then to use the foot-hold on second and subsequent attempts to get over the fence.
5. **Obstacle Jump**: Candidates will then run to and jump over an approximately 5-foot wide obstacle.
6. **Low Crawl**: Candidates will then run to a tunnel and crawl through it.
7. **Obstacle Course**: The candidate must maneuver, in a zig-zag manner, around obstacles (which are traffic cones positioned on the ground).
8. **Window Climb**: Then, the candidate will climb through an approximately 36 inch by 34 inch opening with the bottom of the opening located approximately 42 inches from the ground.
9. **Chain-Link Fence Climb (about 4 feet tall)**: Candidates will run to the next obstacle, a 4-foot chain link fence, and climb over the top of it.
10. **Fence Climbs (two 3 foot, 5 inch tall fences)**: Candidates will run to the next obstacles, two 3 foot 5 inch high wooden fences, and climb over each of them.
11. **Inmate/Suspect Move (approximately 165 lbs.)**: The candidate will run to the dummy representing an inmate or suspect and will drag the dummy completely past a line 20 feet away. Timing of the test stops when the entire dummy passes over the line.

CRITERIA FOR PASSING THE COURSE

Candidates must successfully complete all events in 1 minute and 57 seconds or less.

WHAT TO WEAR

Candidates should wear the following during the test:

- Tennis shoes (sport shoes or sneakers) are recommended.
- Long pants are required (this is for safety reasons; candidates who are wearing shorts will not be allowed to take the examination) Sweat pants are acceptable.
- Candidates should NOT wear watches, rings or other items which could harm them while taking the test. These items should be removed before testing for safety purposes.

