



## **POLICE DIVISION PHYSICAL AGILITY TEST**

The candidate, after signing the proper release, shall complete the following:

1. The candidate will complete running 2400 meters (approximately 1.5 miles) within thirteen (13) minutes.
2. The candidate will perform thirty-five (35) bent-knee sit-ups (hands touching the head, then touching elbows on knees) within two (2) minutes.
3. The candidate shall complete one of the following:
  - a. Pull-ups - Minimum seven (7) (Palms Away)
  - b. Push-ups - Minimum twenty-five (25) (Standard)
4. A regular patrol car is pushed sixty feet (60') by hand, on foot, from a stopped position with the engine off and gear shift lever in the neutral position. You may elect the manner or technique in which you push.
5. Dummy Drag: The candidate will be given three (3) minutes to drag a 165-pound dummy one hundred (100) feet. The candidate will be allowed to gather the dummy up any way they so choose, to start the drag. The time will begin once the candidate has started to drag the dummy. The candidate may stop at any time or get a better grip on the dummy, as long as the candidate completes the task within three (3) minutes. The task will be completed once the candidate has successfully drug the dummy across the one hundred (100) foot mark.
6. The candidate, starting from an erect position with feet apart, the distance closely approximately shoulder width, shall move a fifteen (15) pound weight in the following manner:

Bend over, grasp the weight with both hands while it is at a point on the floor between the feet, and lift weight to waist level, then place the weight on the floor approximately twelve (12) inches outside the left foot, and without letting go, raise the weight to waist level and touch it to the floor about twelve (12) inches outside the right foot. The weight shall then be moved alternately in this fashion from left foot, to waist level, to right; right to waist level to left, until it has been moved seven (7) times in each direction with the total horizontal distance of travel being at least twenty-four (24) inches more than the space between the feet for each of the fourteen (14) moves. This shall be done in less than thirty-five (35) seconds.