POLICE OFFICER PHYSICAL AGILITY TEST

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

15 POUND WEIGHT

The candidate, starting from an erect position with feet apart, the distance closely shoulder width, shall move a 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 12 inches outside the left foot, and without letting go, raise the weight to waist level and touch it to the floor about 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 7 times in each direction with the total horizontal distance of travel being at least 24 inches more than the space between the feet for each of the 14 moves. This shall be done in less than 35 seconds.

BENT KNEE SIT-UPS

The candidate will perform 35 bent-knee sit-ups (hands touching the head, then touching elbows on knees) within 2 minutes.

DUMMY DRAG

The candidate will be given 3 minutes to drag a 165-pound dummy 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 3 minutes.

The task will be completed once the candidate has successfully drug the dummy across the 100 foot mark.

PATROL CAR PUSH

The candidate will push a regular patrol car 60 feet by hand, on foot, from a stopped position with the engine off and gear shift lever in the neutral position.
The candidate may elect the manner or technique in which they push.

PULL-UPS/PUSH-UPS

The candidate shall complete one of the following:

a.) Pull-ups - Minimum 7 (Palms Away) b.) Push-ups - Minimum 25 (Standard)

TIMED RUN

The candidate will complete running 2400 meters (approximately 1.5 miles) within a time determined by age and gender based on the Ohio Police Officer Basic Training Physical Fitness Requirements.