

# POLICE OFFICER PHYSICAL ABILITIES TEST

Cadets will be given two street names while sitting in the driver's side of a patrol vehicle with seat belt fastened and both hands on the steering wheel. Upon the command of "GO!" the timed event begins. The cadet must exit the vehicle, and

**Advance on foot 200 yards**

**Remove victim (weighing 150 pounds) from the vehicle and drag 50 feet**

**Scale staircase (up & down) 3 times**

**Advance 25 feet to negotiate 50-pound "body force" door**

**Complete 20 push-ups\*\* and 20 sit-ups\*\*\* (in that order)**

**Return 25 feet to scale staircase (up & down) 3 times**

**Advance 25 feet to 40' culvert and crawl through using flashlight**

**Complete 20 push-ups\*\* and 20 sit-ups\*\*\* (in that order)**

**Advance 200 yards on foot**

**Drag standing victim (150 pounds) 50 feet**

**Recite 2 street names provided at the beginning of the test**

**STUDENTS MUST COMPLETE THE ENTIRE TEST WITHIN 7:20 (Seven minutes twenty seconds) IN ORDER TO PASS AT THE END OF THE COURSE**

Cadets **must** wear the following equipment during the Physical Abilities Test:

- a) A nylon or leather duty belt
- b) Handcuffs with case
- c) Flashlight
- d) Ammunition pouch with empty magazine
- e) Radio
- f) Holster and unloaded weapon

Equipment **MUST** remain in cadet's possession throughout the entire test. If equipment is dropped or lost during the test, the cadet may immediately retrieve the item, but time continues to lapse.

\*\*Push-ups are not modified and cadets *must* lower body 4" parallel to the ground (with shoulder and lower back aligned) and raise to a full-triceps/elbow extension for repetition to qualify. **Hand placement may NOT go above or be wider than shoulder width.** Instructors will place their fist on the ground having students look forward and touch their chin to the instructor's fist. Contact between chin and fist is a repetition. \*\*\*Sit-ups- *must* be performed with cadet's arms placed firmly across the chest. **Arms must also remain firmly across the chest during each repetition.** Cadet's knees are angled at 90 degrees. Cadet's elbows must touch their knees and shoulder blades must return to the ground for repetition to qualify. Assistant must hold cadet's feet using only the hands.

\*\*In addition, trainees are required to participate in the following physical fitness assessment on the **second** day of the course: height and weight measurements, blood pressure, flexibility (sit and reach test), body composition (skin fold measurements), maximum bench press, maximum leg press, maximum number of sit-ups in ONE minute, maximum number of push-ups in ONE minute, and a 1.5 mile run.