

## **Physical Agility Components**

### **Police Officer**

**THE FOLLOWING PHYSICAL EXERCISES ARE REQUIRED OF ALL APPLICANTS FOR THE POSITION OF POLICE OFFICER. THOSE PERSONS WHO FAIL TO SUCCESSFULLY COMPLETE ALL EXERCISES WILL BE ELIMINATED FROM THE SELECTION PROCESS.**

#### **1. STRETCHER CARRY (2 PERSONS)**

Applicants are required to carry a stretcher with a simulated patient from a starting point, around a cone and back to the starting point. Those failing on the first attempt will be allowed to retake the exercise with a person who has successfully completed the exercise.

*Total Distance- 100 feet  
Total Weight-200 pounds*

#### **2. SIMULATED BODY DRAG**

Applicants are required to drag simulated body to designated area without assistance.

*Total Distance-50 feet  
Total Weight-200 pounds  
Time-15 seconds*

#### **3. QUARTER MILE RUN**

Applicants are required to run a distance of one quarter (1/4 mile) on a pre-measured course (Olympic Track).

*Maximum Time- 110 seconds*

#### **4. 30 SECOND TRIGGER PULL**

Within a 30-second time limit per hand, an applicant is required to repeatedly pull fifteen (15) times using a double action nonfunctioning revolver with arms horizontally extended.