POLICE OFFICER ENTRANCE PHYSICAL AGILITY STANDARDS

The candidate will participate in a WorkSTEPS® physical capacity test to be conducted at Physical Therapy & Rehab Concepts (PTRC). The candidate will be asked to perform tests to assess posture and to measure spine & joint ROM. The candidate’s blood pressure will be checked. The candidate will complete a 3 minute step test with a 12 inch step. They will step to the beat of a metronome set to 96bpm (24 steps per minute). Heart rate will then be measured to determine the aerobic fitness level. An adequate fitness level will be required in order to continue with the following job specific tasks.

Candidates will perform the remainder of the test while wearing a police gun and belt, and bullet proof vest, weighing approximately 16# total.

I. MATERIAL HANDLING
For the following, a standard NIOSH box is used and push pull forces are measured by a Chatillon Omni 3000 force gauge.
A. The candidate will perform a series of lifts from various heights utilizing various weights.
B. The candidate will perform a floor to chest lift with 75# box.
C. The candidate will lift and carry 75# box 20 feet.
D. The candidate will push a sled with 50# horizontal force 20 feet.
E. The candidate will pull a sled with 50# horizontal force 20 feet.

II. OBSTACLE COURSE
A. Begin in car with seat belt fastened. Time is started when evaluator says, "go." Candidate will unfasten their seat belt and leave the car.
B. Candidate will climb over a 5 foot wall.
C. Candidate will maneuver through 80 yards of cones.
D. Candidate will run approx. 60 yards and maneuver through 20 yards of cones, up and down an 8 yard embankment, back through the 20 yards of cones and then run approx. 30 yards.
E. Candidate will maneuver under a 3 foot barrier.
F. Candidate will run approx. 30 yards and then maneuver through 80 yards of cones.
G. Candidate will proceed between the guy wire and cone.
H. Candidate will load 11 dummy bullets into a clip.
I. Candidate will ascend and descend 5 flights of stairs (100 steps).
J. Candidate will run past the door of the car to finish the course.

This must be completed within 4 minutes and 30 seconds.

III. FINE MOTOR SKILLS
The candidate will successfully manipulate the slide of an equivalent safe training BPD duty handgun in the following manner:
A. With the dominant hand (right if right-handed), obtain a one-handed firing grip on the weapon.
B. Grasp rear portion of the slide with the support hand.
C. Move the slide fully to the rear and release. The test will be performed successfully six times within one minute.

IV. Dummy Drag
The candidate will grasp a 150 pound dummy under the arms with hands clasped over the dummy's chest. Candidate will drag the dummy 35 feet and back followed by lifting the dummy onto a 30 inch high gurney, table, or platform.