

HUNTSVILLE POLICE OFFICER PHYSICAL AGILITY/ABILITY SELECTION EXAMINATION

Physical Agility/ Ability Test Outline for New Applicants

GENERAL INFORMATION

As an applicant you are required to pass a test of physical agility and ability as an entry level requirement in order to be considered for a position in the law enforcement training academy. The test is composed of a physical agility and physical ability components, and both parts will be administered consecutively. The test is formatted to a pass/fail structure. Failure to successfully complete any part means failure of the entire physical agility and ability test. Failure of any part of the selection process automatically removes you from the hiring process. The examination will be conducted at the Huntsville Police Academy Physical Agility/Ability Course.

PHYSICAL AGILITY/ABILITY SELECTION EXAMINATION

The physical agility/ability test simulates certain specific activities routinely expected of a law enforcement officer, and consists of four events designed to measure minimum levels of endurance, strength, agility and coordination.

This test simulates any number of job-related activities such as jumping down from porches, climbing stairs, and walking along walls, rafter, pipes, or beams while in foot pursuit or while checking building for suspects. A period of running is incorporated into each of the events to simulate the apprehension and control of a fleeting suspect.

The required four events and a description of each are as follows:

Event 1 - Timed Push-ups

On the command "SET," you will assume the front leaning rest position (push-up) with the arms straight, elbows locked, hands about shoulder width apart, and palms placed on the floor. The feet may be together or up to twelve (12) inches apart. The body should be essentially straight when viewed from the side, from the shoulders to the ankles.

On the command "GO," you begin the push-up by bending the elbows and lowering the entire body until the chest touches either the fist of the Test Administrator or the cone/sphere, (the upper arms should be parallel to the ground at this point).

You return to the starting position by raising the entire body until the arms are fully extended. You may rest in the up (elbows locked) position only. The body must remain in a generally straight line and as a single unit for the entire repetition.

Failure to perform the required number of repetitions in the time allotted results in failure. Failure to keep the body straight or to properly lower the entire body until the chest touches the Test Administrator's fist, cone/sphere, or allowing any part of the body other than the hands or feet to touch the ground results in disqualification. Incorrect movements will not be counted.

Each applicant has sixty (60) seconds to complete twenty-two (22) push-ups.

Event 2 - Times Sit-ups

On the command "SET," you assume the starting position by lying flat on their back with knees bent at forty-five (45) degrees. Feet may be together or up to twelve (12) inches apart, resting on the ground and may be stabilized by a partner holding the ankles with the hands only. Your fingers must be interlocked behind the neck or head.

On the command "GO," you begin raising the upper body to the up position with elbow touching knees. You lower the body until the upper portion of the back (shoulder blade) touches the mat. The head, hands, arms, and elbows do not have to touch the ground. The up position is the only authorized rest position.

Failing to reach the up position, failing to keep the fingers locked behind the neck or head, arching or bowing the back and raising the buttocks off the ground to raise the upper body, or allowing feet to leave the floor will result in incorrect movements. Incorrect movements will not be counted.

Each applicant has sixty (60) seconds to complete twenty-five (25) sit-ups.

Event 3 - Pushing, Climbing, Window Entry, Balance, and Weight Drag

Event 3 consists of five agility/ability tasks which simulate activities which are likely to be required of officers in the field. Each of the five tasks, as explained below, must be completed in ninety (90) seconds. A course diagram is attached hereto.

1. Pushing

This test requires pushing a patrol vehicle a distance of fifteen (15) feet on a paved, level surface with the gear in neutral. A driver will remain inside the vehicle at all times as a safety factor. This test will demonstrate your ability to remove or assist in the removal of a stalled vehicle from an intersection in order to eliminate a traffic hazard or restore the flow of traffic.

On the command "SET," you assume the starting position by obtaining a comfortable position behind the patrol vehicle. You can use various methods to push the patrol vehicle the required distance.

On the command "GO," you begin pushing the patrol vehicle, starting the agility event. Once the vehicle has reached the required 15 feet, a second command of "GO" is given for the applicant to stop pushing the vehicle and run towards the fence for the climbing event.

2. Climbing

You must run a distance of one hundred fifty (150) feet; then climb a fence in any manner he or she wishes so long as it is a solo effort.

This test is essentially a wall surmount and is intended to measure agility and coordination. It consists of a fence, six (6) feet in height. One fence is made of wood and one fence is made of chain link. You have the choice of which fence to climb. Only one fence will be climbed. The two fence types are the types commonly found around numerous business establishments as well as those found around residences.

3. Window Entry

You must run a distance of one hundred fifty (150) feet to the next position where you will then step through an obstacle approximately twenty-four (24) inches square.

This test insures that you have the sufficient body mobility to step through an obstacle the approximate size of a residential window.

4. Balance

You must run a distance of seventy-five (75) feet; then step up on a six (6) inch by six (6) inch beam suspended one (1) foot in the air and walk on the beam for a distance of fifteen (15) feet. At the end of the beam, you are required to jump the one (1) foot distance to the ground.

The balance beam is a combination test demonstrating the ability to maintain balance while moving forward on a flat, wide surface to a narrow surface and back to a flat, wide surface again. Minimum levels of both balance and coordination are required. Should the applicant fall from any part of the balance beam prior to reaching the end, the applicant must return to the beginning of the beam and attempt the event again until successful.

5. **Weight Drag**

You are required to run a distance of seventy-five (75) feet and then lift, pull, or drag a dead weight object (dummy) weighing approximately one hundred sixty-five pounds (165) for a distance of fifteen (15) feet. You will drop the weight when the Test Administrator says "Time" at the finish line.

This test is designed to gauge your ability to extricate a human being from an automobile, burning building, etc.

Each applicant has ninety (90) seconds to complete the pushing, climbing, window entry, balance and weight drag tests.

Event 4 - 1 ½ Mile Run

To start this test, all applicants will be lined up behind the starting line on a flat, level course. You are instructed to complete the one and one-half (1 ½) mile run and to listen to your finish time.

On the command "GO," the timing clock will be started and all applicants will begin running at their own pace. The Test Administrator timing the event will begin calling off the time in minutes and seconds as you approach the finish line. Each applicant's time will be recorded after they pass the finish line.

Applicants are not to deviate from the course. You are not to touch any other applicant during the course. If you should feel faint, pain, dizziness, weakness, or sustain an injury, or otherwise feel that he or she cannot complete the test, immediately stop and signal for a Test Administrator.

Each applicant must run one and one-half (1.5) miles within fifteen minutes and twenty-eight seconds (15:28).

This concludes the Physical Agility/Ability Selection Examination.

CONSENT TO PARTICIPATE

By signing below I, _____, hereby acknowledge that I have read and understand the above listed physical requirements of the Huntsville Police Officer Physical Agility/Ability Selection Examination. I also acknowledge that I have no known medical conditions, including but not limited to high blood pressure, heart problems, and/or respiratory problems, which prohibit or should prohibit me from participating in the above listed physical tests. I further acknowledge it is my responsibility to inform the City of Huntsville of any accommodation I may need to successfully complete the Police Officer Physical Agility Test, and understand that it is my responsibility to cease my participation in the Police Officer Physical Agility Test if at any time I deem myself unable to complete the Test.

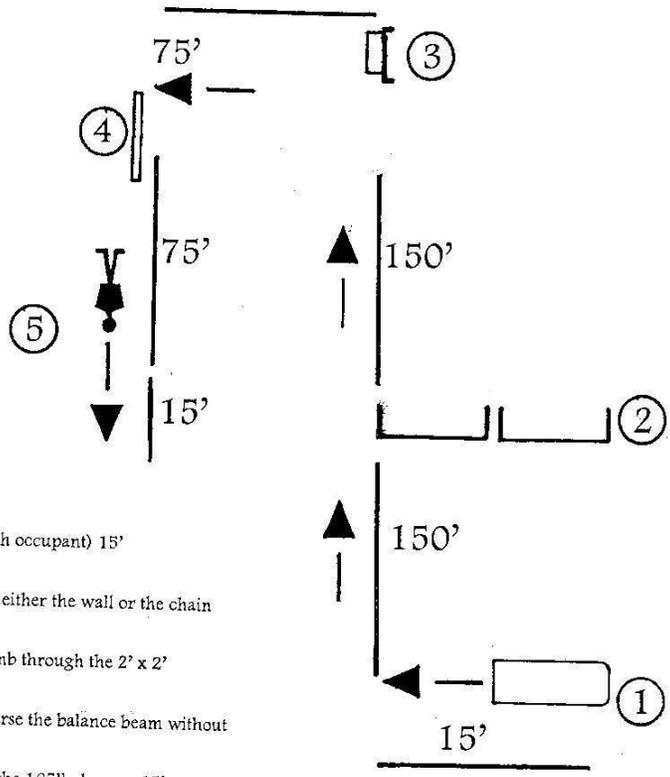
Furthermore, I hereby consent to engage in the above listed physical activities, and understand that there are inherent risks associated with any physical activity. I hereby consent to emergency medical treatment should such treatment become necessary during the course of my participation in the physical activities listed above. I also acknowledge that it is my responsibility to monitor my individual physical performance during any activity and request medical help if necessary. In the event of a medical problem, I further recognize that any medical care that may be required is my personal financial responsibility.

Applicant Name (print)

Date

Applicant Signature

HUNTSVILLE POLICE DEPARTMENT
SELECTION PROCESS
AGILITY COURSE



1. Push Vehicle (with occupant) 15'
2. Run 150' to scale either the wall or the chain link fence.
3. Run 150' and climb through the 2' x 2' window.
4. Run 75' and traverse the balance beam without falling off.
5. Run 75' and pull the 165lb dummy 15'

TIME LIMIT: 90 seconds

PASS / FAIL

Diagram is not to scale