



# Abilene Police Department

## Physical Agility Test

The following information is supplied so that you will be aware of what to expect at the Abilene Police Department Physical Agility Test.

Before participating in the Physical Agility Test, you will be required to complete a liability release form exempting the City of Abilene from liability for any injury you may receive resulting from participation in the Physical Agility Test. This liability release form must be signed by you and notarized before you take the test.

Applicants must complete the entire course; failure to complete any individual exercise will result in an automatic disqualification. If your first attempt at any one exercise is unsuccessful you may try again starting at that particular exercise. There is no limit on the number of attempts, but you should remember the time restriction for completion of the entire test. Applicants must complete the entire exercise within 4 minutes and 27 seconds or less.

Applicants requiring reasonable accommodation when taking the physical agility test should contact the City of Abilene Human Resources at (325) 676-6259 at least seven (7) days before the test so that appropriate arrangements can be made.

### ASSUMPTIONS

1. Sport shoes are recommended. Shorts are not recommended for safety reasons (i.e., they do not provide adequate coverage of the skin which could be damaged severely in a fall).
2. Timing of the exam will begin when the car door opens. The test monitor(s) will activate two stopwatches simultaneously.
3. There will be an orientation and walk-through for all applicants. No one will be allowed to take the test unless they fully understand what is expected of them.
4. The Applicant must complete testing in the exact sequence listed and within the prescribed time limit.

### EVENTS

1. **Patrol Car:** The applicant will sit in the driver's seat of a patrol car with the doors closed, secured by a seatbelt and await further instructions. Time begins when the applicant opens the car door.
2. **Fence Climb:** The applicant will run to the 6-foot wooden fence and climb over it.
3. **Jump Down:** After jumping over the obstacle, the applicant will run to and up a ramp (loading dock simulation), and jump down approximately 3 feet to the ground.
4. **Stair Climb:** The applicant will proceed to a set of stairs (8 steps high) and run/climb up and down the stairs twice before proceeding to the next component.

5. **Ditch:** The applicant will run up to the ditch simulation, which is approximately three feet wide and jump over it.
6. **Window:** The applicant will proceed to and crawl through a simulated window.
7. **Zig-Zag:** The applicant will proceed to a series of five wooden posts spaced equally apart and offset from each other, and maneuver around them in the prescribed manner.
8. **Duck Under:** The applicant will run to the next obstacle (bar suspended approximately 4 feet off the ground) and duck underneath it. If applicants knock the bar off its stand, they must wait for a test monitor to reset the bar and then successfully duck under the obstacle before proceeding to the next component.

### **PHYSICAL AGILITY TEST**

9. **Small Obstacle:** The applicant will run up to a small obstacle resembling a 2-foot high fence and jump over it without touching the obstacle.
10. **Take Down Simulator:** The applicant will then proceed to the take down simulation. A weighted dummy is suspended from a frame. Applicants must grab the dummy and bring the shoulders of the dummy in contact with the ground.
11. **Suspect/Victim Move:** The applicant will then move to the prone dummy. The applicant will drag the dummy in a prone position for a distance of about 21 feet. The entire dummy must cross the marked line.
12. **Finish Line:** The timing will be stopped when the applicant pulls the dummy across the finish line.

**The total distance of the course is approximately 440 yards.**

### **CRITERIA FOR PASSING THE EXAM**

1. Applicants must complete all events within 267 seconds or less (4 minutes 27 seconds).
2. Applicants must complete all events in the specified amount of time and in the required sequence otherwise they have failed the examination.
3. Upon completion of the test, applicants will be informed of their pass/fail status.

**AFTER REVIEWING THE REQUIREMENTS OF THE PHYSICAL AGILITY TEST, IF YOU FEEL THAT YOU MAY HAVE DIFFICULTY PERFORMING THE REQUIREMENTS, IT IS RECOMMENDED THAT YOU CONSULT YOUR PHYSICIAN PRIOR TO TAKING THE PHYSICAL AGILITY TEST.**

Applicants must report to the Abilene Police Department Training Academy (Warren Dodson Training Facility), located at 4551 East Lake Road, no later than their assigned time. Tardiness or failure to appear for your scheduled physical agility test will be considered as evidence that you no longer desire to pursue your application with the Abilene Police Department.

A map to the Warren Dodson Training Facility is on the next page.

