

POWELL POLICE PHYSICAL ABILITIES ASSESSMENT

The Physical Abilities Assessment consists of three basic assessments. Each assessment has been proven to have job relatedness to the essential job duties and functions of a police officer. The assessments will be administered to all candidates invited to participate in the application process. **Candidates must pass each assessment.**

ASSESSMENT 1 – Obstacle Course:

This assessment is to measure the candidate's ability to run after a suspect, then overcome resistance and effect an arrest. This is an important task in the everyday function of a police office. The assessment has three stations:

Station 1: The candidate will run approximately ¼ of a mile in a figure-eight pattern which will consist of six laps. One lap will consist of running up four steps then running down them, turning around and running up and down again, jumping over two 18-inch high barriers, then repeating for a total of six laps. If the candidate hits a barrier and causes it to fall, the candidate must stop, replace the barrier and successfully cross over them before continuing.

Station 2: The candidate will pick up a 60-pound bag using the bicep curl and move laterally along a 180 degree arc. The candidate must touch the end of the arc with one foot before changing directions. If the candidate fails to touch the end line, the candidate must return to touch the line before moving on.

Station 3: The candidate will stand next to a 3-foot high bar, placing his/her hands on the bar, jump over the bar with both feet off the ground and in the air at the same time landing on his/her feet, then immediately dropping to his/her stomach, then pushing up to his/her feet, grabbing the bar and jumping over it again, landing on his/her feet, then dropping to his/her back, using a sit-up movement, the candidate will sit up and stand up to his/her feet, repeating this five times on each side. If the candidate straddles the bar or fails to jump with both feet, the candidate must return to the same side and repeat that jump.

The score is measured with an overall time. Maximum time allowed to complete this assessment is 4 minutes and 30 seconds.

ASSESSMENT 2 – Lift and Carry; within 30 seconds of finishing obstacle course:

The candidate will pick up an 80-pound bag, carry it 25 feet, turn around and carry it back. This is not a timed event. Proper lifting technique needs to be used, bent knees and straight back.

ASSESSMENT 3 – Weapons Handling Ability:

The candidate must insert and remove magazine, then pull the slide of a Glock Model 17 back with his/her right hand and pull the trigger three times. The candidate will then repeat this process with her/her left hand. This is not a timed event.

DATE PERFORMED: _____ **TIME:** _____

DOCTOR'S CERTIFICATION STATEMENT

Assessment Participant's Name: _____

Doctor: _____ Address: _____
(Type or Print)

I, _____, certify that I have examined the above named person and found his/her to be in good health and sound physical condition and to have no physical disability, impairment or health condition which would prevent him/her from participating in the above described physical abilities assessment administered by the Powell Police Department.

DOCTOR SIGNATURE _____ Date of Certification _____