

**Purpose:**

The general health measurement will be administered to each applicant before the applicant will be allowed to attempt any physical events. Any abnormality found in blood pressure or heart rate will eliminate the applicant. These tests are administered for the protection of each applicant.

The combined score of twelve must be met on the four events in order to pass.

**OBSTACLE COURSE**

This station is a timed exercise. Improper or incomplete execution at each of the below obstacles will add seconds to the total time required to run the course.

A. **Vault**

**Purpose:**

To test the applicant's ability to get over a substantially sized object in pursuit of a suspect.

A vault of approximately three feet in height.

B. **Fence Climb**

**Purpose:**

To test the applicant's ability to get over a reasonably high fence obstacles in pursuit of a suspect.

A wooden fence five feet in height.

C. **Run Around Posts**

**Purpose:**

To test the applicant's ability to change directions and maneuver around stationary objects.

Three posts are clustered in the obstacles run.

D. **Tire Run**

**Purpose:**

To demonstrate the applicant's ability to run through a litter-strewn area in pursuit of a suspect.

Ten tires placed in two rows (5 in each row, side by side).

E. **Broad Jump**

**Purpose:**

To test the applicant's ability to leap a distance while running.

F. **Crawl Under**

**Purpose:**

To test the applicant's ability to crawl under an obstacle where sufficient clearance exists in pursuit of a suspect.

To crawl under an obstacle 18 inches from the ground.

G. **Crawl Through**

**Purpose:**

To test the applicant's flexibility while moving swiftly through objects or areas with low ceilings.

To crawl through a 4' x 8' concrete pipe.

H. **Zig Zag**

**Purpose:**

To demonstrate the applicant's ability to avoid becoming a target of a weapon or of thrown objects while moving in pursuit of a suspect.

Touching with alternate hands, six points in a zig zag fashion.

I. **100 Yard Dash**

**Purpose:**

To test the applicant's cardio-vascular areas determining the applicant's ability to give chase and apprehend a fleeing suspect.

### **PUSH-UPS ONE-MINUTE EXERCISE**

#### **Purpose:**

To test the applicant's strength in upper arms and chest, which determine the ability of pushing, pulling, controlling and handcuffing an arrested suspect.

### **SIT-UPS ONE-MINUTE EXERCISE**

#### **Purpose:**

To test the applicant's strength in abdomen and lower back which determines the ability to control the suspect with minimum risk of injury to the officer.

### **ONE-MILE RUN**

#### **Purpose:**

To test the applicant's endurance and cardio-vascular areas of the body.