

## **Test Participant Course Description**

### **WHAT TO WEAR DURING THE TEST**

During the test, participants should:

- Wear comfortable clothing to facilitate the performance of physical tasks (e.g. physical fitness clothing), pants to protect the legs and knees, and gym/sport shoes(shorts are acceptable, should the participant choose to wear them, however pants provide greater protection in the event of a slip or fall);
- NOT wear watches, rings or other items which could harm them while taking the test. These items should be removed for safety purposes before testing.

### **WHAT CANDIDATES SHOULD DO JUST PRIOR TO TAKING THE TEST**

Just prior to taking the test, participants should consider jogging lightly, performing some jumping jacks to warm up, and stretching to prepare themselves for the physical exertion in which they are about to engage. Additionally, if the ambient temperature will be 80 degrees Fahrenheit or higher, participants are advised to pre-hydrate prior to arriving at the test site.

### **TEST SITE**

The test is administered at the Johnson County Regional Police Training Academy at the Johnson County Community College located at 12345 College Blvd, Overland Park, Kansas 66210 (phone: 913-469-3171).

### **DESCRIPTION OF THE TEST**

A map illustrating the entire test sequence can be found on the Physical Ability Test Course link. Each event listed below corresponds to a particular point on the map.

1. Start Seated in Patrol Car: The participant will begin seated in a patrol car (for testing purposes, it is not necessary for candidates to buckle the seat belt). A test administrator will then tell the participant "Ready, Go." The participant must then exit the patrol car, begin the run, and successfully complete each of the physical tasks interspersed throughout the run.

Timing begins when the test administrator observes that the candidate has opened the car door.

2. Run (200 yards): The participant must run a distance of about 200 yards (the approximate length of the entire course), encountering obstacles along the way.

3. Terrain Change: Participants will transition from blacktop pavement to a pea gravel path, next encountering a concrete culvert dip requiring the participant to run down a slope and then back up the slope.

4. Duck Under Obstacle: Participants will run to and duck under a low-hanging obstacle about 5 feet high.
5. Jump Over Obstacle: Participants will then jump over an approximately 1 ½ foot high object simulating a shrub or other obstacle.
6. Fence Climb (about 4 feet tall): Participants will run to the next obstacle, a 4-foot high chain-link fence, and climb over the top of it.
7. Run Up and Down Stairs: Participants will then run to a concrete stair case, running up about ½ flight of stairs on one side, and then down ½ flight of stairs on the other side.
8. Get Up From Fall/Evasive Maneuver: In the designated area of the course, the participant will lay flat on the ground in the prone position (on the stomach) with arms extended outward, and will then get back up, simulating the need to get up from a fall or perform a “Get Up From Fall/Evasive Maneuver.”
9. Suspect/Officer Move: The participant will run to the dummy representing an officer or victim in need of assistance, or a suspect, and will drag the dummy in two directions completely past a line approximately 16 feet away. Timing of the test stops when the entire dummy passes over the line. The fastest time between the two stop watches is recorded.

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

1. Participants must successfully complete each of the test components and the entire timed sequence of events in 1 minute and 33 seconds or less (93 seconds). If participants do not successfully complete any component of the physical ability test (for example, the participant does not successfully drag the dummy all the way past the line), the participant fails the examination.