



Abilene Police Department

Physical Agility Test



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

Before you can participate 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 an individual exercise will automatically disqualify you. 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 that require a reasonable accommodation when taking the physical agility test should contact the Human Resource Manager of the City of Abilene at (325) 676-6392 several days before the test so that appropriate arrangements can be made.

Due to road construction projects in the area, applicants are reminded to allow themselves ample travel time to make their scheduled appointment.

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 applicant unfastens their seatbelt.
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. Timing begins when the applicant unfastens their seatbelt.
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. One foot must remain on each step as the applicant moves toward the next step. At no time can an applicant skip or jump over any steps.
5. **Ditch:** The applicant will run to a ditch simulation 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 traffic cones spaced equally apart and offset from each other, and maneuver around them in a prescribed manner.
8. **Duck Under:** The applicant will then run to another 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.
9. **Small Obstacle:** The applicant will run to a small obstacle resembling a 2 foot fence and jump it without touching the obstacle.

10. **Take Down Simulator:** The applicant will then proceed to the take down simulator. A weighted dummy is suspended from a frame. Applicants must grab the dummy and bring the shoulders in contact with the ground.
11. **Suspect/Victim Move:** The applicant will move to the prone dummy. The applicant will drag the dummy from a prone position for a distance of about 21 feet. The entire dummy needs to cross the marked line before the applicant is finished.
12. **Finish Line:** The timing will be stopped when the applicant pulls the dummy across the finish line and is instructed to stop by the official/staff member.

The total distance of the course is approximately 440 yards.

CRITERIA FOR PASSING THE EXAM

1. Applicants must complete all timed events in 267seconds or less (4 minutes 27 seconds) and in the required sequence, or they fail the examination.
2. At no time can any part of the body touch the blue painted parts of the obstacle.
3. Upon completion of the test, applicants will be told their time and will be informed of their pass/fail status.

IF YOU FEEL THAT YOU WOULD HAVE DIFFICULTY PERFORMING THE REQUIREMENTS OF THE ABOVE EVENTS, 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), 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.

