

# JACKSONVILLE POLICE DEPARTMENT

Policy: 6-4

Effective: 04-24-19

Revised: 12-06-21

## PRE-EMPLOYMENT PHYSICAL AGILITY TEST

---

**PURPOSE:** To establish guidelines for the Jacksonville Police Department's physical agility test administered to full-time sworn, auxiliary, TSO and Cadet candidates as one of the components of testing that occurs during the selection process for the position.

**POLICY:** It is the policy of the Jacksonville Police Department to employ those candidates who are the most qualified, for the position to be filled, based on the individual's skills, knowledge, and abilities. This policy describes the required physical agility test for applicants seeking a full-time sworn, auxiliary, TSO or Cadet position.

### **PROCEDURES:**

#### I. PHYSICAL AGILITY TEST

- A. Physical agility tests are conducted based on the job requirements as established by the job description. All applicants for full-time sworn, auxiliary, TSO and Cadet position are administered identical physical agility examinations. Each physical assessment exercise attempts to measure whether or not the applicant is fit for duty.
- B. Only applicants for full time sworn positions, who have passed the written exam, will be eligible to participate in the physical agility test.
- C. The applicant shall complete a liability waiver before the physical agility process.

#### II. PHYSICAL AGILITY TEST DESCRIPTIONS (APPENDIX ATTACHED)

- A. Vehicle Push of Fifty (50) Feet
  1. The participant stands to the rear of the vehicle and pushes the vehicle forward fifty (50) feet;
- B. 440 Yard Run
  1. The participant begins at the end of vehicle push;
  2. The participant runs right around the vehicle;
  3. The participant runs parallel with curb on roadway until reaching the designated traffic cone;
  4. The participant continues by crossing the roadway to other traffic cone;
  5. The participant runs parallel with curb on roadway until reaching the next traffic cone at parking lot of Primary Firing Range;
  6. The participant runs diagonal across parking lot to the sidewalk leading to the Primary Firing Range;
- C. Stair Climb
  1. The participant continues on sidewalk through the gate to the stair case of the Shooting Tower;
  2. The participant ascends one (1) flight of fifteen (15) steps to the first-floor platform;
  3. The participant ascends one (1) flight of four (4) steps to the second-floor platform;
  4. The participant runs straight across second floor platform and grabs the top rail on south side with both hands for one (1) second and releases;
  5. The participant returns to the stair case and descends both flights of steps onto the sidewalk;
- D. Fence
  1. Approach and climb over simulated fence obstacle, approximately four (4) feet in height;
- E. Window Entry

1. Approach and maneuver through the simulated window obstacle;
  2. Descend onto platform on other side;
  3. Descend onto ground;
- F. Crouching Obstacle
1. Approach and duck under an obstacle approximately four (4) feet in height;
  2. One knee must make full contact with the ground;
- G. Ditch
1. Approach and jump over a simulated ditch, approximately three (3) feet in width;
- H. Hurdle #1
1. Approach and jump over a sixteen (16) inch hurdle;
- I. Hurdle #2
1. Approach and jump over a twelve (12) inch hurdle;
- J. Firearm - Left Hand
1. Approach barricade at the fifteen (15) yard line;
  2. With your left hand take weapon;
  3. Straighten arm and aim down range at target and pull trigger three (3) consecutive times;
- K. Firearm- Right Hand
1. Switch to right hand keeping barrel pointed down range;
  2. Straighten arm and aim down range at target and pull trigger three (3) consecutive times;
- L. Dummy Drag
1. The participant goes to the dummy lying beside the barricade;
  2. The participant must physically move the dummy in a straight line ten (10) yards;
  3. The participant must ensure that all parts of the dummy are across finish line;
  4. The participant will roll the dummy over and simulate handcuffing by using the words "cuff-cuff", while bringing the arms of the dummy to the center of the back.
  5. End of exercise.
- M. Qualifying Time
1. The participant must complete all exercises of the Physical Agility Test within a time of four (4) minutes, sixteen (16) seconds.
  2. The participant who fails to do so will be rescheduled for a re-test opportunity within three to ten (3-10) days, unless adverse weather conditions prevent it, and if so, then rescheduled as soon as possible

### III. COMPLETION OF TESTS

- A. Physical agility tests are pass/fail tests. If the applicant passes all phases of the test, the applicant will continue to the next phase. Failure in any of the areas tested will constitute failure of the entire physical agility test. The applicant will only be afforded two (2) opportunities per application cycle to attend and/or pass the test.
- B. Candidates who fail the examination will be afforded the opportunity to retest. Failure to attend and/or pass the retest disqualifies the candidate from further consideration in this testing cycle.
- C. An applicant who fails to pass and/or attend a combination of four (4) consecutive physical agility assessments may not be tested again until one (1) year has elapsed from the date of the last assessment. This will allow the applicant an opportunity to improve physically and prepare themselves for any future physical agility tests.
- D. In the event of physical agility test postponement, the candidate shall be notified of the new date and time of the physical agility test.
- E. **Candidates who fail the physical agility test will be notified by the Office of Professional Standards for make-up date.**

*Brett Hibbs*

Brett C. Hibbs  
Chief of Police

## APPENDIX-EXAMPLE

### JACKSONVILLE POLICE DEPARTMENT PHYSICAL AGILITY TEST (PAT) DESCRIPTION:

1. Vehicle Push of Fifty (50) Feet
  - a. The participant stands to the rear of the vehicle and pushes the vehicle forward fifty (50) feet;
2. 440 Yard Run
  - a. The participant begins at the end of vehicle push;
  - b. The participant runs right around the vehicle;
  - c. The participant runs parallel with curb on roadway until reaching the designated traffic cone;
  - d. The participant continues by crossing the roadway to other traffic cone;
  - e. The participant runs parallel with curb on roadway until reaching the next traffic cone at parking lot of Primary Firing Range;
  - f. The participant runs diagonal across parking lot to the sidewalk leading to the Primary Firing Range;
3. Stair Climb
  - a. The participant continues on sidewalk through the gate to the stair case of the Shooting Tower;
  - b. The participant ascends one (1) flight of fifteen (15) steps to the first floor platform;
  - c. The participant ascends one (1) flight of four (4) steps to the second floor platform;
  - d. The participant runs straight across second floor platform and grabs the top rail on south side with both hands for one (1) second and releases;
  - e. The participant returns to the stair case and descends both flights of steps onto the sidewalk;
4. Fence
  - a. Approach and climb over simulated fence obstacle, approximately four (4) feet in height;
5. Window Entry
  - a. Approach and maneuver through the simulated window obstacle;
  - b. Descend onto platform on other side;
  - c. Descend onto ground;
6. Crouching Obstacle
  - a. Approach and duck under an obstacle approximately four (4) feet in height;
  - b. One knee must make full contact with the ground;
7. Ditch
  - a. Approach and jump over a simulated ditch, approximately three (3) feet in width;
8. Hurdle #1
  - a. Approach and jump over a sixteen (16) inch hurdle;
9. Hurdle #2
  - a. Approach and jump over a twelve (12) inch hurdle;
10. Firearm – Left Hand

- a. Approach barricade at the fifteen (15) yard line;
  - b. With your left hand take weapon;
  - c. Straighten arm and aim down range at target and pull trigger three (3) consecutive times;
11. Firearm– Right Hand
- a. Switch to right hand keeping barrel pointed down range;
  - b. Straighten arm and aim down range at target and pull trigger three (3) consecutive times;
12. Dummy Drag
- a. The participant goes to the dummy lying beside the barricade;
  - b. The participant must physically move the dummy in a straight line ten (10) yards;
  - c. The participant must ensure that all parts of the dummy are across finish line;
  - d. The participant will then roll the dummy over, and then simulate handcuffing by using words “cuff-cuff” and pulling the arms of the dummy to the center
  - e. End of exercise.
13. Qualifying Time
- a. The participant must complete all exercises of the Physical Agility Test within a time of four (4) minutes, sixteen (16) seconds.
  - b. The participant who fails to do so will be rescheduled for a re-test opportunity within three to ten (3-10) days, unless adverse weather conditions prevent it, and if so, then rescheduled as soon as possible

14. COMPLETION OF TESTS

- a. Physical agility tests are pass/fail tests. If the applicant passes all phases of the test, the applicant will continue to the next phase. Failure in any of the areas tested will constitute failure of the entire physical agility test. The applicant will only be afforded two (2) opportunities per application cycle to attend and/or pass the test.
- b. Candidates who fail the examination will be afforded the opportunity to retest. Failure to attend and/or pass the retest disqualifies the candidate from further consideration in this testing cycle.
- c. An applicant who fails to pass and/or attend a combination of four (4) consecutive physical agility assessments may not be tested again until one (1) year has elapsed from the date of the last assessment. This will allow the applicant an opportunity to improve physically and prepare themselves for any future physical agility tests.
- d. In the event of physical agility test postponement, the candidate shall be notified of the new date and time of the physical agility test.
- e. **Candidates who fail the physical agility test will be notified by the Office of Professional Standards for make-up date.**

Applicant Signature: \_\_\_\_\_

Printed Name: \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_