

PRE-SCREENING PHYSICAL AGILITY TESTING PROCEDURES

Physical Agility Exam Outline

The Physical Agility exam is an approximate 300-yard course comprised of tasks that relate to the physical demands that an Officer/Deputy may encounter while performing the essential duties and responsibilities of the job. While the course is not designed to test all variations of each physical demand of the job, it is representative of what an Officer/Deputy may be expected to do while performing enforcement and rescue operations.

- Task: Run/jog the entire length of the 300-yard course.
- Task: Negotiate a set of stairs, up and down, hitting each step.
- Task: Pull open a door and go through it.
- Task: Climb over two (2) four-foot chain link fences.
- Task: Jump across a four (4) foot space.
- Task: Deliver three (3) baton strikes to a target.
- Task: Remember suspect description and identify suspect at point of contact.
- Task: Drag dummy, weighing approximately 180 pounds, fifteen (15) feet.

Completing the Test

Candidates must run/jog the entire course without slowing to a walk or stopping to rest. If a candidate falls to the ground during a portion of the run/jog or while attempting one of the other physical tasks, the candidate shall get up and continue to complete the task.

1. Candidates will begin the course seated inside a Police cruiser. A physical description of a suspect is read to the candidate (for example, a red shirt and baseball hat). On the command of "Go!" the candidate exits the cruiser and begins the course. The timers start their clocks when the candidate exits the cruiser. The cruiser door does not need to be shut behind them.
2. Run/jog eighty yards from the cruiser to a set of stairs, keeping to the right of the orange cones. The candidate must go up one side of the stairs and down the other, stepping on each step. No steps may be skipped. Candidates should use caution; walking up and down the steps is acceptable. If a step is skipped or the candidate stops on the stairs, the candidate will be asked to repeat the task until it is completed successfully. This must be completed before moving to the next task.
3. Run/jog thirty yards directly to the doorway. Candidates must pull the door open towards themselves and go through, again, exercising caution so as not to run into the door frame or door. The door does not have to be shut behind them. If a candidate does not go through the door, or goes around the door, they will be asked to repeat the task until it is completed successfully before moving to the next task.
4. Run/jog forty yards directly to the first four-foot chain link fence, and go over it. Candidates may not climb on or touch the support brackets or the perimeter fence. If a candidate does not go over the fence or inappropriately climbs or touches the fence, they will be asked to repeat the task until it is completed successfully before moving to the next task.

5. Run/jog forty yards directly to the second four-foot chain link fence, and go over it. Candidates may not climb on or touch the support brackets or the perimeter fence. If a candidate does not go over the fence or inappropriately climbs or touches the fence, they will be asked to repeat the task until it is completed successfully before moving to the next task.
6. Run/jog forty yards to the right of the orange cones to the horizontal four-foot jump. A four-foot square board will be flat on the ground. Candidates must jump over the board without touching any part of it. If a candidate touches any part of the board they will be asked to repeat the task until it is completed successfully before moving to the next task.
7. Run/jog twenty yards directly to the baton strike location. Candidates will deliver three (3) baton strikes to the target. The baton strikes must hit the target. If a candidate misses the bag or fails to deliver three (3) strikes, they will be asked to repeat the task until it is completed successfully before moving to the next task.
8. Run/jog twenty-two yards directly to the suspect identification pictures, and identify the suspect that was described at the beginning of the course. Candidates must identify the proper suspect's number without stopping their run/jog.
9. Run/jog three yards directly to the dummy, grab it, and drag it fifteen (15) feet until every part of the dummy is across the fifteen-foot line. The dummy can be grasped, held, and pulled in any manner desired. The candidate may change the grip or grasp on the dummy as many times as is necessary. If the candidate falls, he or she must get back up and continue pulling the dummy.
10. Run/jog twenty-five yards directly to the finish line marked by two orange cones and pass between the cones and past the line. Timers will stop the clocks at that point.

Criteria for Passing the Physical Agility Exam

- Candidates **MUST** complete the course within 2:45 or less (two minutes, forty-five seconds)
- Candidates **MUST** correctly identify the suspect.

The physical agility exam is scored on a PASS/FAIL basis. Upon completion of the exam, the candidate will be told their time and will be informed whether they passed or failed. A failing grade will result in disqualification from the remaining exam/hiring procedures.

Recommended Attire

It is recommended that a candidate dress in comfortable attire or workout clothes. Standard uniform footwear or tennis shoes should be worn.

Exam Process

Candidates are encouraged to review this outline in preparation for this exam. An orientation walk-through will be given immediately prior to the start of the agility exam.

The physical agility exam will be held on the same date as the written exam. More information on the exam times will be provided after the closing date of registration.

Additional Physical Agility Requirements- at the time of hire

Once a candidate is hired by an Agency, they must pass the required physical standards by the NLETC. All candidates entering the NLETC must be able to achieve an average 30% on the Cooper Institute Physical Standards Assessment prior to commencement of the NLETC class. You can find information regarding the requirements of the new physical fitness standards at http://www.nletc.state.ne.us/cooper_testing.html