

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, SSRO 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, SSRO 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, SSRO 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 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