



PASADENA POLICE DEPARTMENT

POLICE OFFICER PHYSICAL AGILITY TEST

The Pasadena Police Department's **Police Officer Physical Agility Test** simulates and measures an officer's physical ability to respond to critical incidents, apprehend suspects and potentially control prisoners. Passing this test indicates the applicant possesses the minimum physical ability level to display his/her trainability while in the Academy, enabling the graduate to perform the duties of a Pasadena Police Officer.

The following are the established "**Essential Job Requirements**" required of a Pasadena Police Officer:

- Walking
- Running short and moderate distances in foot pursuit
- Climbing stairs, fences and ladders
- Jumping and dodging obstacles
- Lifting and carrying objects and people
- Dragging and pulling people and objects
- Pushing/pulling heavy objects
- Bending and reaching
- Use of short and moderate duration force with subjects
- Use of restraining devices
- Use of hands/feet for self-defense
- Riding for extended periods in a vehicle
- Being able to demonstrate proficiency with firearms

This physical agility test is designed to test a person's physical strength, muscular and aerobic endurance, coordination and agility by performing basic physical tasks that professional police officers will use throughout their career.

PREPARING FOR THE TEST

It is strongly advised that applicants restrict caffeine intake the day of the test. In addition, it is recommended not to eat within two to three hours prior to the test. Do not engage in strenuous exercise, strenuous work or other physically demanding activities the day of or if possible the day before the test. Spend time warming up and stretching just prior to starting the test. Applicants are encouraged to dress appropriately for the physical agility test. Running shoes or cross trainers are good choices for this test.

TEST COMPONENTS

Purpose: To test the applicant's physical coordination, agility, muscular endurance, aerobic capacity and the applicant's ability to sustain a pursuit of a suspect while having to contend with common obstacles. At the conclusion of the test, the applicant will have to contend with assisting a simulated unconscious victim to safety. This portion of the test demonstrates the overall fitness of the applicant and his/her ability to maintain high energy levels for exertion in a simulated emergency. This will help assure the applicant's trainability in physical fitness.

Procedure: The applicant will start the agility test by running to and climbing a 3-foot fence. (Indicators of needed upper and lower body strength.)

The applicant will proceed to a residential style window which they will climb through. The applicant will proceed to the commercial style window. After climbing through that window the applicant will run to and around the outside of the designated cone. (Indicators of upper and lower body strength and needed flexibility to maneuver into restricted areas.)

The applicant will proceed to and take hold of the 150-pound victim (dummy) by reaching under the arm area. Once having gained control of the victim, the applicant will drag the victim backwards for 35 feet until the victim (dummy) has been dragged past a specified point, then the applicant will be told to lay the victim down. (Indicators of upper, lower body strength, including abdominal and back strength.) **It is very important that the applicant does not stop until told to by the officer administering the test.** If any applicant fails to complete the test in the specified **2-minute time period, they will be disqualified from the application process.**

The applicant will then be given a 20-minute rest period. After the rest period, the applicant will be required to perform a 1.5-mile run. The applicant will be **required to perform this run in a maximum time of 17-minutes and 15 seconds.** This indicates the applicant's aerobic fitness regarding pursuit tasks and the use of force issues. The time required for the 1.5-mile run is quantified through the Federal Law Enforcement Training Centers - Physical Efficiency Battery Scores.

An applicant who does not complete any portion of the test in the time allowed or performed in the manner described will fail the test.

The physical agility test is strenuous. It is recommended that if you have had surgery or illness within the previous six months, or on medication, you should consult your physician before attempting the physical agility test. Also, if you are aware of any medical condition you may have that could cause concern in taking this test, please consult your physician.

PREPARATION RECOMMENDATIONS:

- Start working on running 1/4 to 1 mile, working toward 3 miles. Try to work on overall speed. Incorporate sprints within your run.
- Perform 10 to 20 push-ups at a time and do the sets two to three times every day.
- Practice performing pull-ups, if unable to perform one, get a partner to help, by giving some lift at the feet and legs.

Thank you for your cooperation and good luck!