

**Polk State College
Kenneth C. Thompson Institute of Public Safety**

Description of Physical Agilities Test

Phase I:

- | | |
|------------------|--|
| (1) Pushups: | Complete as many pushups (no time limit) |
| (2) Sit ups: | Complete as many sit ups in one minute |
| (3) 1.5 Mile Run | Complete a 1.5-mile run |

Phase 2:

Physical Agilities Course:

The agilities course consists of 15 activity stations that simulate barriers and obstacles commonly encountered in law enforcement activities. It provides a test of skill, strength, stamina, and speed needed in basic operations. Each station must be executed in the manner indicated in the text provided. Time will stop upon completion of the final activity.

Practice time for this course is available when not in use. To use this course, you must have a waiver signed and returned to the Institute of Public Safety Selection Center Coordinator.

Time: To be determined

- | | |
|-------------------------|---------------------|
| 1. Ladder Platform Ramp | 9. Tunnel |
| 2. High Wall | 10. Rope Grid |
| 3. Fixed Railing | 11. Log |
| 4. Chain Link Fence | 12. Parallel Bars |
| 5. Window | 13. Low Wall |
| 6. Door | 14. Overhead Ladder |
| 7. Fixed Railing | 15. Pole Run |
| 8. Maze | |

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Station 1 – Ladder Platform Ramp

Description and purpose:

This station consists of a stationary vertical ladder, a horizontal platform and a downward-slanting ramp. It simulates a variety of obstacles which may be encountered in a foot pursuit, including ladders, building ledges, roof-tops, and loading ramps.

Execution:

Approach from the starting point, ascend ladder using both hands and feet; climb over top crossbar of ladder; proceed across platform and down ramp on foot.

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Station 2 – High Wall

Description and purpose:

This station consists of a vertical masonry wall, rising to a height of six (6) feet above the running surface. It simulates walls of similar height and construction frequently encountered in business and commercial districts and enclosing residential developments.

Execution:

Approach from station one (1). Grasp top of wall with both hands, surmount wall, and drop to ground on opposite side of wall, landing on feet with knees flexed sufficiently to avoid injury. Both hands and both feet may be used in surmounting wall.

If participant chooses, he or she may drag a rigid aid ten (10) feet from the side of the wall and use it as a platform to scale the wall.

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Commented [BJH2]: Two spaces between station paragraph and description and purpose paragraph

Commented [BJH3]: No space between Execution and approach

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Station 3 – Fixed Railing

Description and purpose:

This station consists of a metal railing approximately three (3) feet tall. It simulates fixed railings of a similar height encountered in many locations.

Execution:

Approach from the direction of station two (2). Grasp top rail with both hands and force body weight over rail, landing on both feet on opposite side of rail.

Do not attempt to jump over this rail or execute the station without using hands.

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Station 4 – Chain Link Fence

Description and purpose:

This station consists of a panel of woven fence in a tubular steel frame, rising approximately five (5) feet above the running surface. It simulates chain link fences and gates frequently encountered in a foot pursuit.

Execution:

Approach from direction of station three (3). Grasp the top rail of tubular frame while placing foot high in fence panel or on the tubular frame. Force body weight over obstacle, landing on both feet on opposite side.

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Station 5 – Window

Description and Purpose:

This station consists of a concrete wall with a window opening approximately 3’8” above the running surface. It simulates window openings in buildings and other structures which may be encountered during a foot pursuit.

Execution

Approach from direction of station four (4). Enter window by placing hands on sill and climbing through or forcing body through window opening. Land on feet on the opposite side.

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Station 6 – Door

Description and Purpose:

This station consists of a masonry wall with standard width door which is hinged on the left and opens towards the next station. It simulates doors and/or gates which might be encountered during foot pursuit, both of which must be returned to the closed position after passage for security, safety or other reasons.

Execution:

Approach from direction of station five (5). Grasp knob with either hand, open door, pass through doorway, and close the door behind you engaging latch mechanism before continuing to the next obstacle.

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Station 7 – Fixed Railing

Description and Purpose:

This station consists of a metal railing approximately 3' tall, at a right angle to the direction of the course. It simulates fixed railings of a similar height encountered in many locations.

Execution:

Approach from direction of station six (6), grasp top rail with both hands and force body weight over rail. Land on both feet on opposite side.

Do not attempt to jump over this railing or execute the station without using hands.

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Station 8 – Maze

Description and Purpose:

This station consists of sets of parallel metal rails which controls direction of travel and requiring two (2) 180-degree change in direction of travel. The course simulates pursuit situations which require quick changes of direction in confined spaces.

Execution:

Approach from direction of station seven (7), follow the course as restricted by the rails, turning left 180-degrees, and then turning right 180-degrees. Exit bearing right towards next station.

Do not touch rails while executing this station.

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Station 9 – Tunnel

Description and Purpose:

This station consists of a concrete pipe. It simulates narrow crawl spaces into which officers might have to enter in pursuits, rescue efforts and evidence searches.

Execution:

Approach from the direction of station eight (8), crawl through and exit at opposite end.

Exercise caution to avoid striking head on upper rim of pipe.

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Station 10 – Rope Grid

Description and Purpose:

This station consists of an area 30 feet long, divided by nylon rope to create 12 individual compartments on each side of a center dividing line. It serves as a test of agility, coordination, and stamina.

Execution:

Approach from station ten (10), move through grid, stepping alternately into each compartment.

To avoid tripping, exercise caution while stepping into each compartment.

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Station 11 – Log

Description and Purpose:

This station consists of a log, 40 feet in length, in the center of the running surface, lying parallel to the direction of travel. It serves as a test of balance and coordination.

Execution:

Approach from the direction of station 11, step onto log and walk or run along the top of the log to the opposite end.

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Station 12 – Parallel Bars

Description and Purpose:

This station consists of two parallel bars seven (7) feet long and two (2) feet apart, mounted approximately 4 ½ feet above the running surface. It serves as a test of hand, arm and upper body strength.

Execution:

Approach from the direction of station 12, with both hands, mount the parallel bars by thrusting the body upwards extending both arms to a locked position. Proceed forward by alternating movements while keeping arms in a locked position, or thrusting body towards the opposite end of the parallel bars. Drop to the ground carefully, landing on both feet, with knees flexed to avoid injury.

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Station 13 – Low Wall

Description and Purpose:

This station consists of vertical masonry wall, rising to the height of approximately four (4) feet above the running surface. It simulates walls of similar height and construction frequently encountered in business and residential areas.

Execution:

Approach from the direction of station 13, place both hands on wall, force body weight upward and drop to the opposite side, landing on both feet with knees flexed to avoid injury.

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Station 14 – Overhead Ladder

Description and Purpose:

This station consists of a horizontal overhead ladder 18 ½ feet long with 12 rungs, approximately 7 ½ feet high. It serves as a test of arm and hand strength, coordination and stamina.

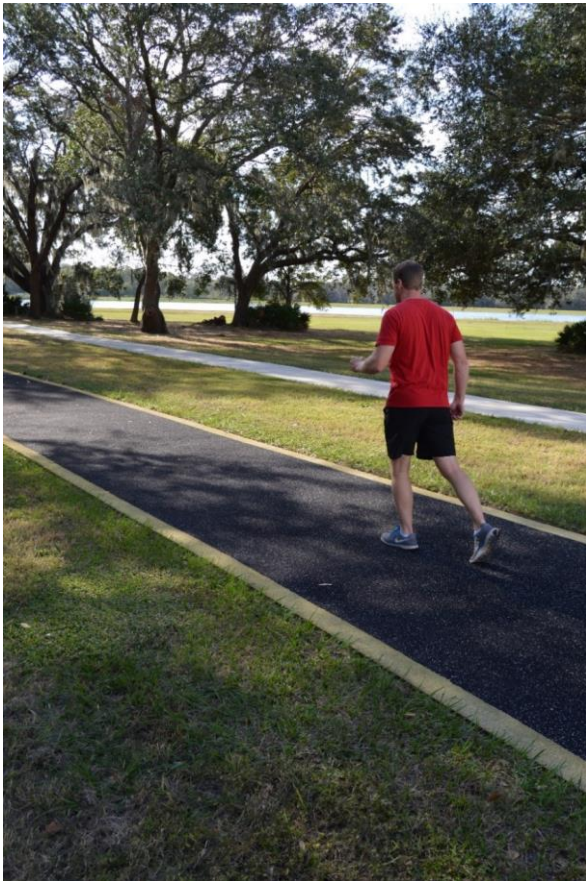
Execution:

Approach from direction of station 13, step carefully onto crossbar and grasp first rung. Step off crossbar and move toward opposite end of station, without coming into contact with running surface by grasping each successive rung. Exit by dropping to ground, with knees flexed sufficiently to avoid injury.

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Station 15 – Sprint

Description and Purpose:

This station consists of a flat surface approximately 36 feet long. This station serves as a test of speed, agility and balance.

Execution:

(Revised 01/23/18)

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Start running immediately upon exiting station 14. Time measurement stops when runner steps off the course surface.

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