

OBSTACLE COURSE

This station is a timed exercise. Improper or incomplete execution at each of the below obstacles will add seconds to the total time required to run the course.

A. Vault

Purpose:

To test the applicant's ability to get over a substantially sized object in pursuit of a suspect.

A vault of approximately 3 feet in height.

B. Fence Climb

Purpose:

To test the applicant's ability to get over a reasonably high fence obstacles in pursuit of a suspect.

A wooden fence 5 feet in height.

C. Run Around Posts

Purpose:

To test the applicant's ability to change directions and maneuver around stationary objects.

Three (3) posts are clustered in the obstacles run.

D. Tire Run

Purpose:

To demonstrate the applicant's ability to run through a litter-strewn area in pursuit of a suspect.

Ten (10) tires placed in two rows (5 in each row, side by side).

E. Broad Jump

Purpose:

To test the applicant's ability to leap a distance while running.

F. **Crawl Under**

Purpose:

To test the applicant's ability to crawl under an obstacle where sufficient clearance exists in pursuit of a suspect.

To crawl under an obstacle 18 inches from the ground.

G. **Crawl Through**

Purpose:

To test the applicant's flexibility while moving swiftly through objects or areas with low ceilings.

To crawl through a 4' x 8' concrete pipe.

H. **Zig Zag**

Purpose:

To demonstrate the applicant's ability to avoid becoming a target of a weapon or have objects thrown while moving in pursuit of a suspect.

Touching with alternate hands, six points in a zig zag fashion.

I. **100 Yard Dash**

Purpose:

To test the applicant's cardio-vascular areas determining his/her ability to give chase and apprehend a fleeing suspect.

PUSH-UPS ONE-MINUTE EXERCISE

Purpose:

To test the applicant's strength in upper arms and chest, which determine the ability of pushing, pulling, controlling and handcuffing an arrested suspect.

SIT-UPS ONE-MINUTE EXERCISE

Purpose:

To test the applicant's strength in abdomen and lower back which determines the ability to control suspect within minimum risk of injury to the officer.

1.0 MILE RUN/WALK

Purpose:

To test the applicant's endurance and cardio-vascular areas of the body.