

Physical Agility Test Instructions

To be Read to the Applicant

Introduction:

This test is designed to measure the essential, job-related physical abilities required of a police officer with the Newark Police Department, identified through an agency-wide task analysis. The test is limited to those aspects of the job that do not require specific training or techniques; for example, hand-cuffing or subduing resisting subjects are skills that require additional training.

Task:

From a starting position in the driver's seat of a patrol vehicle with the seat belt fastened and your hands on the wheel, you must complete a continuous course containing the following sections. You will receive a total time from the command "go", until you complete the final trigger pull at the end of the course.

1. From the starting position in the patrol vehicle, remove the seat belt and exit the vehicle.
2. You must then run 40 feet to the patrol vehicle parked in front of you.
3. You must then push the patrol vehicle 20 feet. You will be told by the test monitor when the vehicle has traveled 20 feet. You may then stop pushing.
4. You must then run 40 feet to the fence ahead of you. When you reach the fence, you must climb over it in the area between the two outer cones. Be careful not to cut your hand on any wires that may be protruding.
5. Once you have cleared the fence, run 75 feet to the obstacle ahead of you.
6. When you reach this obstacle, you must proceed under this obstacle between the outer cones.
7. Proceed to the cone 50 feet ahead of you then turn right.
8. Proceed to the cone 55 feet ahead of you then turn left.
9. Proceed to the obstacle 30 feet ahead of you.
10. When you reach this obstacle you must jump across the 4-foot distance.
11. Proceed to the fence 74 feet ahead of you.
12. You must climb over this fence in the area marked by the two outside cones.

13. After you have cleared the fence, turn right and run to the last set of stadium stairs 220 feet ahead of you.
14. Turn left, then run to the top of the stadium stair, where you will be met by the timekeeper.
15. The timekeeper will hand you a handgun. You must pull the trigger of the handgun 5 times with each hand.
16. The timekeeper will stop the clock after the last trigger pull.
17. You must then drag or carry an approximately 100-pound dummy 30 feet.

Conditions:

The subject will wear standard physical training apparel (i.e. shorts, t-shirt, and sneakers). The test shall not be performed during severe weather conditions (e.g. rain, snow, sleet, etc.).

Standard:

To successfully pass the physical agility test, a subject must complete items one (1) through sixteen (16) in no more than one minute and thirty seconds (1:30:00). You must then successfully complete item seventeen (17). Each subject will be allowed two attempts at passing the test. If a subject receives a passing score on the first attempt, he or she may take the test again for a better time. A rest period of no longer than fifteen (15) minutes will be allowed between tests.

Risks and Discomforts:

There is the possibility of certain adverse reactions during the administration of this test. These possible adverse reactions include abnormal blood pressure, musculoskeletal injury, fainting, disorders of the heartbeat, and, in very rare instances, heart attack and/or death.

Every effort will be made to minimize the occurrence of these reactions by careful observation during testing. The test will be administered by trained personnel with CPR certification in the event of an emergency.

You are responsible for monitoring your own condition throughout the test. Should any unusual symptoms occur, stop and immediately inform the test administrator of the symptom(s).

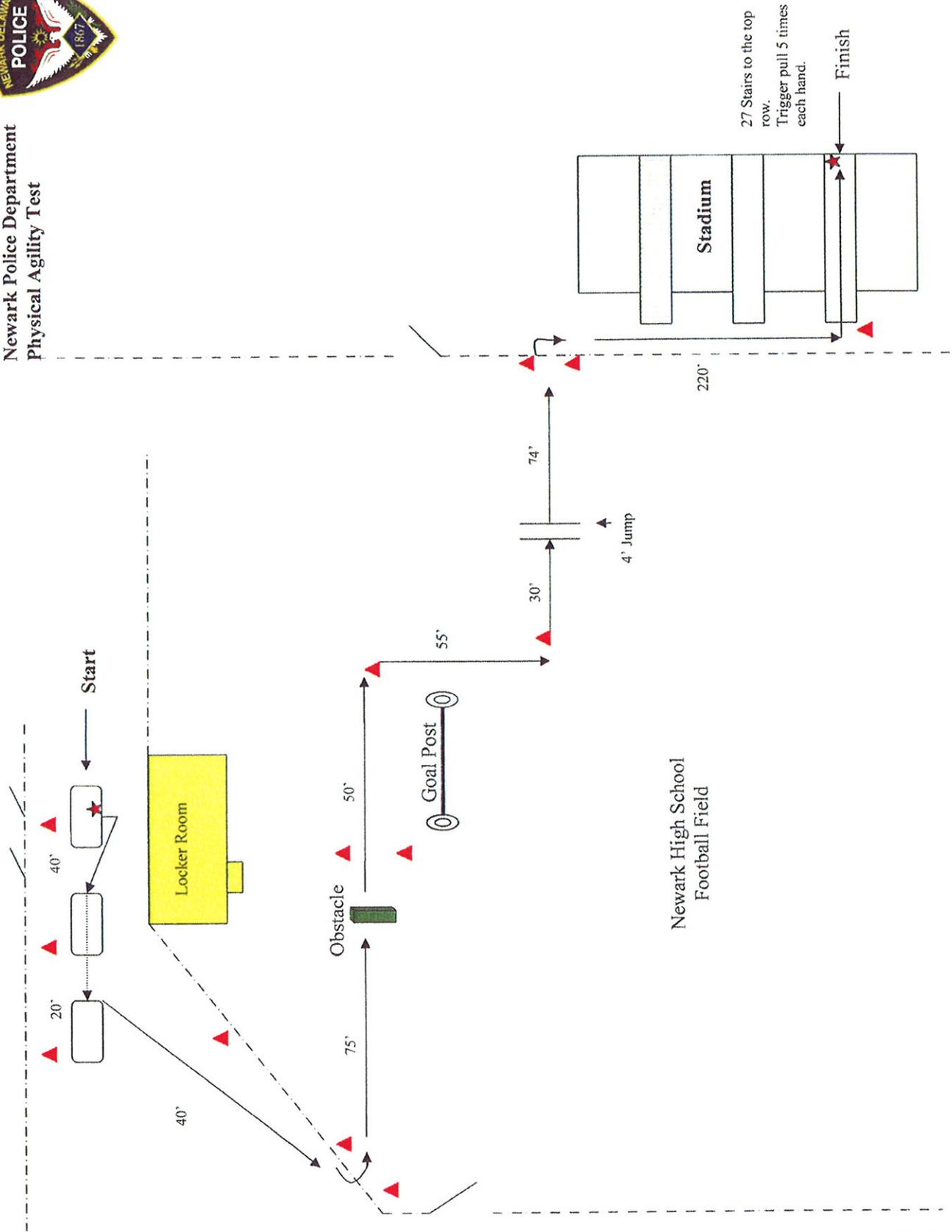
Do you understand these directions and safety precautions?

Do you have any questions at this time?



Newark Police Department
Physical Agility Test

Physical Agility Test Map



**NEWARK POLICE DEPARTMENT
PHYSICAL AGILITY TEST
INFORMED CONSENT FORM**

Purpose of Physical Agility Testing:

The purpose of the physical agility test is to evaluate your ability to perform the essential functions of the job of a police officer with the Newark Police Department. Test components may be modified to accommodate a qualified individual with a disability who requests reasonable accommodation in the fitness assessment process.

Explanation of the Test:

You must complete a continuous course containing the following sections. You will receive a total time from the "go" order in the police car until the timekeeper stops the clock after the last trigger pull.

Exit Vehicle: From a starting position in the driver's seat of the police vehicle with the seat belt fastened, you must unfasten the seat belt and exit the vehicle. This is the method by which most incidents are initiated. This section tests item one of the job-task inventory.

Vehicle Push: You must then push a stationary vehicle the length of one parking space, roughly the distance an officer must push a stationary vehicle to remove it from the roadway. This station tests item three of the job-task inventory.

Foot Pursuit: You must then complete a sprint of a one-hundred and fifty yard course which contains several ninety-degree turns, a four-foot tall fence, a four foot wide simulated ditch, and a three-foot high obstacle to crawl under. This section tests items two, four, five, six, seven, eight, nine, ten, eleven and twelve of the job-task inventory.

Stairs: You must then run up the equivalent of three flights of stairs. This section tests items thirteen and fourteen of the job-task inventory.

Weapon Simulation: You must then pull the trigger of a service pistol five times with your strong hand, then five times with your weak hand. The timekeeper will stop the clock after the last trigger pull. This station tests items fifteen and sixteen of the job-task inventory.

The completion of the continuous course will be followed by:

Body Extraction: You must then drag or carry an approximately 100-pound dummy thirty feet. This station tests item seventeen of the job-task inventory.

Risks and Discomforts:

There is the possibility of certain adverse reactions during the administration of this test. These possible adverse reactions include abnormal blood pressure, musculoskeletal injury, fainting, disorders of the heart beat, and, in very rare instances, heart attack and/or death.

Every effort will be made to minimize the occurrence of these reactions by careful observation during testing. The test will be administered by trained personnel with CPR certification in the event of an emergency.

You must understand that you are responsible for monitoring your own condition throughout the test. Should any unusual symptom(s) occur, you should cease participation and immediately inform the test administrator of the symptom(s).

Benefits to be Expected:

The battery of fitness assessments shall be utilized as a measurement of your ability to perform the essential functions of the job of police officer.

Any questions about the procedures used in the fitness assessments are welcomed. If you have any doubts or questions, please ask for further explanation.

Consent of the Applicant:

In signing this consent form, I affirm that I have read this form in its entirety and that I understand the description of the test, and that I am aware that there is a potential for injury inherent in any fitness assessment procedure. I understand that any violations of specific instructions from the examiner may be considered as failing in that specific component. I agree that any injury or illness resulting from my participation in the fitness testing process shall not be the responsibility of the Newark Police Department, the City of Newark, or any other person(s) or agency associated with the test, test measurement devices, or requirements of the testing process. I further agree to hold these entities harmless in the event of any illness or injury sustained, or thought to have resulted from my participation in the fitness assessment process in whole or in part.

Full Name of Test Subject: _____
Please Print

Signature of Test Subject: _____

Date: _____

Witness: _____

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Test Results: **Pass** **Fail**

Time: _____