



# WATERVILLE POLICE DEPARTMENT

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## Physical Ability Test

The Physical ability examination will be administered to all Police Applicants and is graded pass/fail. Failure is not completing all the tasks within the 5 minute 58 second time limit or not completing each task as directed.

The events of the Physical Ability Test will be performed in a continuous fashion and a candidate's time will begin with the first event and will end with the final event. The events, as they appear in the actual test, are listed below.

1. Vehicle Exit – the test begins with candidate seated in a full-size automobile, seat belt on, with hands at the 10 and 2 o'clock positions on the steering wheel. Around the applicant's waist is a pull-away flag with ribbons (flags) positioned over each hip. Trunk key is in the vehicle glove compartment, which is in the closed position. If the vehicle has a trunk latch (cover), it is placed in the open position revealing the trunk lock. In the front center part of the trunk, is positioned a weapon and a flashlight. On the command "go" the stop watch is started, and the candidate removes hands from the steering wheel, unfastens seat belt, opens glove compartment and removes key, then exits the vehicle. (The glove box and the car door are left opened). The candidate moves to the back of the car where the key is inserted in the lock and the trunk opened. Immediately after opening the trunk, the candidate touches each ribbon with the opposite hand from behind the back and the flag belt is pulled away, letting it fall to the ground. The weapon and the flashlight are removed from the trunk, the trunk is closed with the key remaining in the lock. Immediately after placing the weapon on the designated object, five feet from the left rear tail light, the candidate proceeds with flashlight in hand to the beginning of the 220-yard run.

2. 220-Yard Run – Carrying a flashlight, the candidate runs 220 yards to the entrance of the obstacle course.

3. Obstacle Course – Upon completion of the 220-yard run, the candidate passes through the pylons at the entrance of the obstacle portion of the course. Ten feet into the obstacle course, the candidate must climb a 40-inch barrier followed by a series of three (24, 12 and 18 inch) hurdles five feet apart located ten feet beyond the barrier. Ten feet beyond the final hurdle the candidate encounters the first of nine pylons in a single row spaced five feet apart. The candidate must serpentine through the pylons. Ten feet beyond the last pylon the candidate must crawl under a 27-inch high, eight-foot long, low crawl area after which the candidate stands, moves to the pylons located seven feet beyond the low crawl and places the flashlight beside one of the pylons. If the candidate knocks over a hurdle or pylon, they immediately stop and repeat that portion of the obstacle course. The pylon and hurdle are set upright again by a test administrator.

## Physical Ability Test Continued

4. Dummy Drag – The candidate then sprints 50 feet, grabs the handles on the 105-pound dummy and drags it 100 feet on a cut-grass surface.

5. Obstacle Course (Repeat of Task 3 in Reverse) – Upon completion of the dummy drag, the candidate sprints 50 feet back to the pylons, picks up the flashlight and reverses course through the obstacles. After the barrier climb, the candidate moves to the pylons, and once again, repeats the 220-yard run.

6. 220 Yard Run (Repeat of Task 2).

7. Weapon Dry Fire – After completing the 220-yard run, the candidate places the flashlight on the bench, picks up the weapon, assumes a firing position while keeping arms completely outstretched at shoulder height and parallel with the ground, firing six rounds each using the dominant, then non-dominant hand.

8. Return to Vehicle (Repeat of Task 1 in Reverse) – Following the weapons fire, the trunk is opened, the weapon and flashlight are placed inside the trunk, and the trunk is closed. After the key is removed from the trunk lock, the candidate re-enters the vehicle, closing the vehicle door, places the key in the glove-box, closes the glove box, re-fastens the seat belt and places both hands on the steering wheel, at which time the test ends.