

ATTACHMENT A

Physical Agility Components Police Officer

THE FOLLOWING PHYSICAL EXERCISES ARE REQUIRED OF ALL APPLICANTS FOR THE POSITION OF POLICE OFFICER. THOSE PERSONS WHO FAIL TO SUCCESSFULLY COMPLETE ALL EXERCISES WILL BE ELIMINATED FROM THE SELECTION PROCESS.

1. STRETCHER CARRY (2 PERSONS)

»

Applicants are required to carry a stretcher with a simulated patient from a starting point, around a marker and back. Those failing on the first attempt will be allowed to retake the exercise with person who has successfully completed the exercise.

Total Distance - 100 feet Total

Weight - 200 pounds

2. SIMULATED BODY DRAG

Applicants are required to drag a simulated body to a termination point without assistance.

Total Distance - 50 feet

Total Weight - 200 pounds

Time -15 seconds

3. QUARTER MILE RUN

Applicants are required to run a distance of one quarter (1/4) mile on a pre-measured course in the least time possible

Maximum Time -110 seconds

4. WINDOW CLIMB

Applicants are required to climb through a six (6) foot high level window without assistance onto a three (3) foot level platform on the other side of the window, then back down to the ground.

5. TRIGGER PULL

Applicants are required to pull the trigger, double action, on a non-functional revolver with arm horizontally extended in both right and left hand using a steady rhythmic motion and pulling the trigger as many times as possible.

Minimum - Strong Hand: 30 times

Minimum - Weak Hand: 15 times

Waiver

I, the undersigned, understand the above physical agility requirements and hereby release from liability, Allegheny County, the Township of Chartiers and all those involved in this testing process, in the event of injury to myself or damage to my property while participating in the Physical Agility Test.

Signed _____

Date ____/____/____