



**OFFICE OF THE DIRECTOR OF POLICE  
THE UNIVERSITY OF TEXAS SYSTEM  
POLICY AND PROCEDURE MANUAL**



Subject			Policy Number
<b>Physical Agility Test</b>			<b>402</b>
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Reference Standards		Rescinds or Amends Policy Number	
TPCA: 4.01 CALEA: 22.2.2, 31.4.1, 31.4.2, 31.4.3, and 31.4.4 IACLEA: 5.2.1, 5.2.2, and 5.2.3		B-3	

**I. PURPOSE**

To establish a standardized physical agility test and outline procedures for its administration.

**II. POLICY**

The functions of a law enforcement agency require a level of physical fitness not demanded by many other occupations; the Physical Agility Test will be the tool used to assess requisite physical agility to successfully perform as a Police Cadet and Police Officer.

**III. PROCEDURES**

- A. All applicants for police officer or police cadet must successfully complete the task oriented agility course detailed in Appendix A.
- B. Applicants with actual or suspected physical conditions of any nature that could be aggravated or which could endanger their health or physical welfare should:
  1. Contact their personal physician prior to taking the agility course examination and determine the medical advisability of participating in the Physical Agility Test,
  2. Stop participation and withdraw from the Physical Agility Test if any health factor could endanger their physical condition, and/or
  3. Advise the Recruiting Officer of the need for reasonable accommodation for disability.
- C. The Physical Agility Test should be administered early in the selection process. To be eligible to take the Physical Agility test the applicant must have completed the application process, any written test, a preliminary interview and NCIC/TCIC records check first.
- D. The agency will be responsible for providing a test proctor and the necessary number of assistants to ensure the test is administered properly and that participants' safety is continuously monitored throughout the test.

- E. Each candidate will be shown the test course prior to running any event of the course.
- F. The Proctor will read specific instructions for each event prior to administering that event and answer any questions regarding that event as detailed in Appendix B.
- G. Each candidate will have three (3) attempts at each event that day. After three failed attempts, the candidate is considered "failed" and may not continue that selection process. Applicants may retest as an element of a future selection process.



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Michael J. Heidingsfield  
Director of Police

## **Physical Agility Test Appendix A**

### **Event I:       Weight Lift**

This event is designed to duplicate a variety of obstacles that may be encountered that would require lifting and carrying objects. The applicant, wearing a Sam Browne, holster, and inert pistol must lift a full size spare tire from the trunk of a police car, carry the spare around the car and place it back in the trunk of the car (tire cannot be rolled or rested on the ground). Untimed Event.

### **Event II:       Stair Climb**

This event is designed to simulate pursuit or running up and down stairs, such as in a building or stadium. The applicant will run up and down two conventional flights of stairs one time, or run up and down 40 stadium steps one time. Timed event: 39 second maximum.

### **Event III:      Obstacle Course/Street Chase and Body Drag**

This event is designed to duplicate a variety of obstacles that may be encountered during a pursuit or when reaching a person in danger. It is coupled with an event simulating a foot pursuit or distance running and removing an unconscious person from a place of danger or an uncooperative prisoner to a desired location. Timed event: 60 seconds total.

#### Obstacle Course

- Low hurdle – 2 foot wall
- Solid wall – 4 foot simulating a small fence or loading dock
- Serpentine – simulating running through a crowd, around fixed objects, etc
- Broad Jump – 5 foot, simulating jumping across a ditch, etc.

#### Street chase and body drag

- Foot chase – run 75 yards on a designated path
- Body drag – drag 168 pound dummy 10 yards

**Physical Agility Test  
Appendix B**

**INSTRUCTIONS TO APPLICANTS**

Applicants should wear comfortable clothing or work gear, shorts, sweatpants, tee shirts are permitted. Applicants should wear sneaker/athletic shoes.

**Event 1 – Weight Lift - Untimed**

Each applicant will wear a Sam Browne with holster and inert pistol. The applicant will walk up to the trunk of the vehicle and lift out the full sized spare tire and carry the tire completely around the vehicle and set it back in the trunk. Applicants may not rest the tire on the ground or the vehicle or they will be disqualified. The applicant must set the spare back in the trunk and not throw it. Each applicant will have three (3) attempts. Untimed

**Event II – Stair Climb – 39 seconds**

The applicant has 39 seconds to run the stairs from the bottom to the top and back. The use of hand rails is permitted. The applicant will wear a Sam Browne with holster and inert pistol. The applicant will start at the direction of the timer. Each applicant will have three (3) attempts.

**Event III – Obstacle Course – 60 seconds**

Each applicant will run the obstacle course and street chase/body drag as one continuous event. Applicants will wear a Sam Browne with holster and inert pistol. The applicant will stage at the starting line and begin at the direction of the timer. The applicant must clear the 2 foot wall, 4 foot wall, and clear the serpentine course. The serpentine should have a gate entry and exit and it makes no difference if the applicant starts the serpentine to the left or right. Once the exit gate is cleared, the applicant will run and jump over the 5 foot pit. The pit must be cleared completely. If any part of either foot lands inside the pit, the event is failed.

**Street Chase and Body Drag**

Once the applicant clears the 5 foot pit, they will run the designated 75 yard course to the dummy, lift the dummy in any manner the applicant wants and drag the dummy clear of the 10 yard cone.

### Agility Course Layout Appendix C

