

Webster Police Department Police Officer Physical Ability Examination Administration Guide



INTRODUCTION

A content-oriented strategy was used to develop a valid physical ability examination designed to measure the basic physical skills necessary for successful performance as a Webster police officer. The entire examination is composed of job-related physical skills. Only those skills which do not require training to become proficient are assessed. This means the exam is equally valid for assessing the physical skills of candidates who have and have not had experience in a police department.

A job analysis was conducted for the job of police officer based on data collected from many police officers and a comprehensive job analysis by subject matter experts. The leadership of the Webster Police Department hereby deems this course to be the physical ability standard for all new employees.

This manual includes specifications necessary for accurately testing the physical ability of police officer candidates and incumbent officers who wish to participate in the voluntary physical ability incentive program. The criteria for successfully passing this physical ability examination are specified.

WHAT CANDIDATES MUST WEAR DURING THE TEST

Candidates should wear the following during the test:

- Tennis shoes (sport shoes or sneakers) are recommended.
- Candidates must wear a weighted vest (approximately 15 lbs.) simulating the weight of equipment officers just wear while on the job. The vest will be provided by Webster PD. Long pants are strongly recommended for safety reasons.
- Candidates should NOT wear watches, rings or other items which could harm them while taking the test. These items should be removed before testing for safety purposes.

MATERIALS

- Stop watch
- 1 - 15 pound weighted vest (to simulate the weight of the vest and belt officers typically wear on duty)
- 1 Wooden fence with supports for use as foot-holds (6 feet tall)
- 5 Poles
- 6 Traffic cones for marking points along the course
- 1 Window frame
- 2 Low hanging obstacles
- 1 Short ramp

- 1 Flights of stairs
- 1 Approximately 150 pound dummy
- 1 Police car

ENVIRONMENTAL CONDITIONS

Examinations should not take place under extremely adverse weather conditions. All effort should be taken to maintain standardization of conditions across testing sessions.

TEST REQUIREMENTS

1. Candidates will wear a weighted vest, weighing approximately 15 lbs.
2. The timed test will begin after the candidate has been told to "GO." The test monitor will indicate whether the candidate completed all components of the test successfully, and will record the candidate's time on the candidate record form. The test monitor will sign each candidate record form.
3. Testing must be completed by the applicants in the sequence listed below.
 - Begin seated in a police car (candidates do not need to be belted)
 - Begin running for approximately 200 yards (length of the entire course)
 - Run between and around 5 obstacles (poles)
 - Climb over a 6 foot high wooden fence
 - Climb through a window
 - Duck under 2 low-hanging obstacles
 - Run up a short ramp and jump down
 - Run up and down a flights of stairs two times
 - Move a dummy (approximately 150 pounds) entirely past a line 20 feet away
 - Timing is stopped when the entire dummy crosses the line
4. There will be an orientation and walk-through for all candidates. The candidates will be instructed that they should perform the test safely. No one will be allowed to take the test unless they fully understand what is expected of them.
5. In addition to the time-keeper, a test monitor (if available) should be stationed around the "Obstacle Events" to ensure candidates properly perform the test components around that area, and to ensure candidates re-attempt components that they do not complete properly after their first attempts.

OBSTACLE EVENTS:

1. Seated in Car: The candidate will begin seated in a police car with the car door closed. A test monitor will give the candidate verbal instructions to pursue a fleeing suspect (which is fictitious). Finally, the test monitor will tell the candidate to "GO." The

candidate must then open the car door and complete the following physical tasks. Timing begins when the car door opens.

2. The candidate must run a distance of about 200 yards (the approximate length of the entire course), encountering obstacles along the way.

3. Obstacle Dodge: The candidate must maneuver, in a zig-zag manner, around five obstacles (which are poles positioned on the ground). Candidates may touch the poles, but MAY NOT use them as leverage or hold onto the poles to swing their body weight around each obstacle.

4. Fence Climb: Candidates will run to the next obstacle, a 6' wooden fence, and climb over the top of it. The candidate is instructed to make their first attempt with or without using a foothold located 18" off the ground. If the candidate fails to clear the fence after the first attempt, the candidate may use a toehold located at 24" off the ground.

5. Window Climb: Candidates will run to and climb through a window set approximately 2 feet 6 inches off of the ground and with an opening measuring 3 feet by 3 feet.

6. Duck Under Obstacles: Candidates will then run to and duck under two low-hanging obstacles, approximately 4 feet and 3 ½ feet from the ground.

7. Run Up Incline: Candidates will then run up a short, inclined ramp and jump off the end of the incline, approximately a 2-foot drop.

8. Stair Climb: Candidates will run up and down a flight of stairs two consecutive times.

9. Suspect/Officer Move: The candidate will run to the dummy (150 lbs) representing a suspect (or officer in need of assistance) and will drag the dummy completely past a line 20 feet away. Timing of the test stops when the entire dummy passes over the line.

CRITERIA FOR PASSING THE EXAM

1. Candidates must successfully complete the course, successfully negotiating all obstacles, in 2 minutes and 14 seconds or less.

2. Test monitors should inform candidates if they have failed a component as the candidates are proceeding through the course to allow them to re-attempt the component while being timed. This way, one can avoid an instance in which a candidate did not realize they failed a component while taking the test, but still had time at the end of the test to re-attempt the component.

3. Upon completion of the test, candidates will be told their times and will be informed of their pass/fail status.

COURSE LAYOUT

#	Test Component	Distance to Component (in feet)	Distance of Component (in feet)	Total Distance (in feet)
1	Seated in Car	0	0	0
2	Run (~200 yards)	NA	(total course length)	NA
3	Obstacle Dodge	78 feet 9 inches	28 feet 10 inches	107 feet 7 inches
4	Fence Climb (about 6 feet tall)	119 feet 2 inches	0	119 feet 2 inches
5	Window Climb	87 feet 9 inches	0	87 feet 9 inches
6	Duck Under Obstacles	37 feet 11 inches	9 feet 8 inches	47 feet 7 inches
7	Run up Incline	78 feet 3 inches	10 feet 2 inches	88 feet 5 inches
8	Jump Down	0	2 foot drop	0
9	Stair Climb	88 feet 2 inches	32 stairs	88 feet 2 inches (plus 32 stairs)
10	Suspect/Officer Move (about 150 lbs)	51 feet 11 inches	20 feet	71 feet 11 inches
	Total Distance (in feet)			~610 feet 7 inches (~203 yards)