



BIG SPRING POLICE DEPARTMENT PHYSICAL AGILITY TEST

We encourage you to physically prepare for this test prior to any attempt and recommend that you consult a physician prior to undertaking any rigorous training program. If you do not believe you are able to pass this test, you should not submit your application until you feel you can meet all of the physical agility requirements.

Each event in the Big Spring Police Department Physical Agility Test is timed separately. Applicants must complete each event within the prescribed time limit to proceed to the next event. Applicants must pass all events in order to remain eligible for employment consideration. No applicant will be permitted to re-take any portion of the physical test on the day of testing. Persons who do not pass the Physical Agility Test should contact the Human Resources Department and request to be notified of the next scheduled testing date and time. Applicants must bring tennis shoes & gym clothes for physical agility tests.

Physical agility testing will consist of the following events in the order listed.

1. **TRIGGER PULL: 15 seconds or less per hand** – Using a department issued weapon, the applicant will pull the trigger thru twelve (12) times with the strong hand using the index finger. Weapon will be held at shoulder point, away from the body. Exercise is then repeated with the weak hand. The applicant may use his/her own personal weapon. Prior department approval of the weapon by department personnel is required.
2. **SHOTGUN LOAD: 30 seconds or less** – Using a department issued Remington 870 shotgun, the applicant will load the shotgun with four (4) dummy rounds and cycle all shells through the weapon while at shoulder point.
3. **220-YARD SPRINT: 42 seconds or less** – The applicant will run 220 yards over a designated course.
4. **165 LB DUMMY DRAG: 35 seconds or less** – The applicant will begin the event seated in a police vehicle with the door closed. At the event's start, the applicant will exit the vehicle, run to a simulated person weighing 165 pounds and drag the dummy completely past the front bumper of the vehicle, a distance of seventy-five (75) feet.
5. **OBSTACLE COURSE: 80 seconds or less** – The applicant will drive a police vehicle to a specified location, stop and secure it. Applicant will exit the vehicle, run to the obstacle course and proceed through the tires, hitting each tire. Applicant will then proceed to and through a tunnel. Upon exiting the tunnel, the applicant will proceed to a set of four (4) foot bars, going over the first bar and then zigzag between the remaining bars, not touching the bars. The applicant will then proceed to the incline wall. Applicant will climb the wall, touch the top rung, cross to the opposite side, and climb down the wall. Applicant will go over a four (4) foot wall and run past the finish line. During the obstacle course, the applicant will be expected to locate and identify, by calling out verbally, three (3) separate items. A five (5) second penalty will be assessed for each item not located.