



BARTLESVILLE POLICE DEPARTMENT

PHYSICAL ASSESSMENT TEST DESCRIPTION

Tennis shoes are recommended. Candidates taking the test are encouraged to wear sweat pants and a T-shirt. To prevent sweat pants from moving down the legs and coming off during the stomach crawl component, candidates should tighten their sweat-pant draw-strings to ensure a tight fit. Shorts are not recommended for safety reasons (i.e., they do not provide adequate coverage of the skin which could be damaged in a fall).

- 1) **Run:** A test monitor will give the candidate verbal instructions to “GO” and the candidate will begin the run (approximately 332 total feet).

- 2) **Step and Slide to Left:** At the conclusion of the run, the candidate will remain facing forward and then step and slide sideways (shuffle) to their left into the obstacle course, and continue stepping and sliding sideways to their left for a distance of about 30 feet. Candidates should not cross their legs as they shuffle to the left to prevent tripping themselves, and they should shuffle all the way until their foot touches the line about 30 feet away.

- 3) **Diagonal Shuffle to Rear and Right:** After stepping and sliding 30 feet to their left, and while still facing forward, candidates will step and slide backwards (rear diagonal shuffle) to their right and behind them (at an approximately 35 degree angle) for approximately 33 feet. They will continue to face forward while doing this. Candidates should not cross their legs as they shuffle backwards and to the right to prevent tripping themselves, and they should shuffle all the way until their foot touches the line about 33 feet away. Once their foot touches the line, they will turn around and face the opposite direction before performing the next component.

- 4) **Step and Slide to Right:** After completing the backwards diagonal shuffle, and after turning around so that the candidate is facing the direction opposite of the one they were facing in the previous two components, the candidate will step and slide sideways (shuffle) to their right for a distance of about 30 feet. Candidates should not cross their legs as they shuffle to the right to prevent tripping themselves, and they should shuffle all the way until their foot touches the line about 30 feet away.