



# **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).*

### **Intro:**

Applicants will have 3 minutes and 20 seconds (3:20) to complete the course. Each applicant will be allowed one additional attempt if he/she fails the first attempt. The applicant will have no less than fifteen minutes to prepare for their second and final attempt to complete the course.

### **Obstacles:**

**18" bar-hop**

**4ft wall climb**

**Secure window climb**

**10sec hang or 2 pull-ups (optional)**

**80Ib dummy drag x's 2 (40ft total)**

**Bear crawl x's 2 (40ft total)**

**T-bars (3 bars, vary in height) x's 2 (over, under, over- under, over, under)**

**Color recall**

**Overall Course length- 1,500ft.**

## **Course:**

Applicants will start from the designated patrol unit. The applicant will be given one of four colors- Red, Blue, Green, or Yellow before their attempt.

On the command, the applicant will exit the patrol car and sprint 25 yards to an 18" cross bar. The applicant must clear the bar without knocking it off.

The applicant will then sprint 25 yards to the 4ft wall. Once over the wall, they will proceed 25 yards to the window. Once through the window the applicant will sprint to the monkey bar where they will be given the option to A) hang for 10 seconds, or B) perform two pull-ups (completely extended and proper).

Once completed, the applicant will enter the pathfinder and sprint to the Dummy drag. The applicant must drag the 801b bag 20ft (past designated cones) before dropping the bag.

The applicant will then re-enter the pathfinder and sprint to the bear-crawl obstacle. The applicant will perform a bear-crawl for 20ft (past designated cones) before sprinting to the three T-bars.

Once at the T-bars, the applicant must go over bar-1, under bar-2, and over bar-3. Once cleared, the applicant will sprint to the designated cone, go around it, and proceed back to the T-bars and complete the course again.

Once returned to the T-bar, the applicant must go under bar-3, over bar-2, and under bar-1 and then back to bear-crawl.

Applicant must bear-crawl back to original start (40ft total) before moving on to dummy drag.

Applicant must drag the dummy bag back to original start (40ft total) before sprinting to the designated color sign area.

Once applicants arrive at the designated color recall area, they will identify the color they were given and call out the number attached to the color they were given. (Four colored signs, numbered 1-4).

The applicant will then sprint to the designated finish line.

## **Rules/Penalties:**

18" cross-bar hop- 5 second penalty for knocking off bar.

Wall- Must maintain at least one hand on wall as you clear it. Failure to clear wall = DQ

Window- Must maintain at least one hand on window, cannot grab the top! Failure to clear window= DQ.

Monkey bar- 10 sec. hang. Failure to hang (2 attempts)= DQ. If applicants choose 2 pull-ups, (2 attempts), Failure to perform two pull-ups, applicant will hang for 10 sec. (2 attempts) failure to hang= DQ. Can use any grip to perform hang or pull-ups.

Dummy drag- failure to drag the bag to the designated area = DQ.

Bear crawl= failure to bear crawl to designated area = DQ

T-bars- bar-3- failure to clear bar-3, applicant must go under bar-3 and a 5 second penalty will be added at the end of your run.

Color Recall: failure to recall correct color = 5 second penalty.

Walking = failure to run/ jog/ or sprint when directed (3 commands) = DQ.

**All applicants who fail due to time or DQ will have the option to retake it after waiting a minimum of 15 minutes, maximum of 30 minutes.**