

PHYSICAL AGILITY TESTING based on the Denver P.D. / Standard Model

Applicants will wear the following during testing:

SUPPLIED BY THE DEPARTMENT:

Utility belt
Hand cuffs (one pair)
Pr-24 secured in carrier
Gun in holster (40 cal training gun which is real but inoperable)
Magazine pouch with 2 fully loaded magazines

SUPPLIED BY THE CANDIDATE:

Sports shoes are recommended: pants with belt loops and a belt (candidates bring their own belt.)

MATERIALS

2 stop watches
1 patrol car
1 administration script
1 chain link fence (8 feet wide by 6 feet high)
1 folding table
1 150 pound dummy
4 suspects

ENVIRONMENTAL CONDITIONS

The physical ability examination can be administered indoors or outdoors on cement, asphalt or grass surface.

ASSUMPTIONS

- 1) Sport shoes are recommended and since a utility belt and police equipment will be worn by the candidate at all times during the test, pants with belt loops and a belt are required. A belt is required because the police utility belt needs to be attached to it.
- 2) Timing of the exam will begin after the candidate has been given a physical description of the suspect and the car door opens. The test monitors will activate two stop watches simultaneously.
- 3) Testing must be completed by the applicant in the exact sequence listed below.
 - Listen to test instructions
 - Receive a physical description of suspect
 - Open car door and get out
 - Run to fence and climb over it
 - Crawl under the table
 - Crawl through window opening
 - Identify the suspect by shouting the correct number
 - Go to the 150 pound dummy and move it to a point 5 feet away
 - Timing is stopped when the entire dummy is across the line
 - The fastest time between the two stop watches will be recorded

- 4) There will be an orientation and walk-through for all candidates. The candidates will be instructed that there is not a real suspect.

EVENTS

- 1) Patrol Car-Wearing a police utility belt and the equipment listed above. The candidate will sit in the driver's seat in the squad car with the doors closed and the windows rolled down and await further instructions.
- 2) Physical Description- A test monitor will give the candidate a verbal instruction to pursue a fleeing felony suspect by providing a description of what the suspect is wearing (for example, a baseball hat and a red t-shirt). The test monitor will provide two pieces of descriptive information. Finally, the test monitor will inform the candidate to "Begin." At this time the candidate will begin the subsequent events.
- 3) Run-The candidate will get out of the car and begin the run to the fence. The stop watch will be engaged once the car door opens. It does not matter if the candidate closes the door or not.
- 4) Fence Climb- The candidate will encounter and climb over a 6 foot high chain link fence. The candidate must climb over the fence. The candidate will not be allowed to go around or under the fence.
- 5) Crawl Under The Tables- On the other side of the fence there will be an 8 foot long table under which the candidate must crawl.
- 6) Climb Through Window- After the candidate crawls under the tables, the run continues to a 30 inch x 30 inch opening which is 50 inches off the ground. The candidate must climb through this opening.
- 7) Suspect Identification-After climbing through the 30 inch x 30 inch opening, the candidate will encounter four numbered suspects, each dressed differently. The candidate will identify the proper suspect by shouting out the correct number (one through four). The candidate will then run to where a 150 pound (approximately) dummy is located.
- 8) Suspect Move-Upon encountering the 150 pound dummy, the candidate will move the dummy to a designated line 5 feet away. Timing of the events will stop when the entire dummy passes over the line. The dummy must be completely over the line before timing ends.

Criteria for passing the exam

- 1) Candidates must complete all events in **45** seconds or under.
- 2) Candidates must complete all events in the specified amount of time in the required sequence or they fail the examination.
- 3) Candidates must correctly identify the suspect.
- 4) Upon completion of the test, candidates will be told their times and will be informed whether they passed or failed.

- Basic understanding of current techniques, practices, materials, equipment, regulations and safety precautions related to fitness programs and services in a municipal parks and recreation setting
- Ability to utilize spreadsheet, database and word processing programs and selected job-related software

Administrative Skills

- Ability to analyze and resolve situations and problems
- Ability to handle multiple priorities and projects
- Ability to use effective techniques and time management
- Ability to keep clear and accurate records and reports
- Ability to process paperwork effectively

Cognitive Skills

- Ability to identify problems, recognize symptoms, causes and alternative solutions
- Ability to make timely and sound decisions
- Ability to process or generate information without either overlooking important items or getting enmeshed in technicalities.

Communication Skills

- Ability to speak and write effectively, both to individuals and groups
- Ability to let people know of decisions, changes and other relevant information in a timely fashion
- Ability to demonstrate attention to and convey understanding of the comments or questions of others
- Ability to prepare clear and concise reports, correspondence and other written materials

Interpersonal Skills

- Ability to use tact and discretion
- Ability to deal courteously and diplomatically with the general public, staff and volunteers
- Ability to develop and maintain smooth, cooperative working relationships with peers, subordinates and superiors
- Ability to maintain issue confidentiality

Description of Working Conditions:

Work is performed mainly indoors, and typically involves contact with the general public and employees; activity schedules may be irregular involving night and/or weekend meetings and programs.