



Chesapeake Police Department

Physical Ability Testing Instructions

*If you pass the initial Personal History Statement review, you will be scheduled for the Physical Ability Testing (PAT). Report to the Chesapeake Law Enforcement Training Academy on **your scheduled date** to complete your Physical Ability Testing.*

PHYSICAL ABILITY TESTING CONSISTS OF:

- 1. Physical Ability Course**
- 2. Physical Performance Test **New Testing** effective 8/15/19**

APPLICANTS WILL WEAR THE FOLLOWING:

- Suitable athletic shirt**
- Suitable athletic pants or shorts**
- Sport shoes are recommended (sneakers or coaching shoes)**

The Physical Ability Course will consist of a **timed** 150-yard course that will measure stamina and cardiovascular fitness in the completion of various job related physical skills. The test simulates **chasing a single suspect on foot**, and encountering circumstances that could arise during the foot pursuit. The applicant **must successfully complete all obstacles** in succession. Participants must complete all events in the specified sequence or they fail the course. Participants who fail the course as a result of not completing an event may retake it one time. Applicants who fail the test on the second attempt will be removed from the hiring process and may have to wait up to 1 year to re-apply.

****ALL applicants must successfully complete the test within 1:30 minutes or less.***

[\(Click here to watch video demonstration of the Physical Ability Course!\)](#)

PHYSICAL ABILITY COURSE DESCRIPTION:

EACH APPLICANT WILL COMPLETE THE PHYSICAL ABILITY COURSE IN THE SAME ORDER BELOW:

1. You will be seated in a chair and given a physical description of a suspect, then start running when told to "GO"



- Run 25 yards

2. Jump over a 3 ft. simulated ditch

- This area is marked off. If you touch the red, the task is not completed.



- Run 25 yards

3. Climb over a 5 ft. high wall

- If you are unable to go over the wall, the task is not completed.
- If you touch any red, the task is not completed.



- *Run 10 yards*

4. Crawl under an obstacle 24 inches high and 10 feet long

- You must crawl under the tubes without touching them or knocking them over.
- If you are unable to crawl the complete distance, if you raise any tubes, or knock any tubes over the task is not completed.



- *Run 25 yards*

5. Climb up and down a standard step for 12 repetitions

- You will climb up and down a step using the movement of up/up, down/down (first foot up, second foot up, first foot down, second foot down).
- This obstacle must be **12 complete repetitions**.
- A complete repetition is counted when both feet have returned to the ground.
- If you do not have both feet on the step for counting or are unable to finish 12 complete repetitions, the task is not completed.



- *Run 15 yards*

6. Crawl through a window opening 36" w X 30" h & 3ft above ground

- If you are unable to pass through opening, the task is not completed.
- NO diving through the opening.
- You must not touch any red.



- *Run 10 yards*

7. Identify the suspect (picture) from previous description

- Based upon the previous suspect description provided, you must identify the proper suspect by yelling out the correct number of the suspect figure.
- If you incorrectly identify the suspect, the task is not completed. If you run past this task without calling out a suspect number, the task is not completed.



- Run 15 yards

8. Drag a 150 lb. dummy 5 yards

- You must move a 150 pound dummy beyond a designated line five yards away.
- When moving the dummy, you must protect its head and neck and lift it under the arms.
- If you are unable to move the dummy completely past the designated line, the task is not completed



- Run 20 yards

9. Trigger pull exercise

- You must pick up a safe, ready to fire double action firearm from a table using the dominant hand and pull the trigger once while holding the muzzle inside a stationary border six (6") inches in diameter at shoulder level, then withdraw weapon from the stationary border and transition to the non-dominant hand, replace in border and pull the trigger one more time.
- If you are unable to pull the trigger with each hand or touch the ring with the firearm, the task is not completed.
- Test/time ends when you place the firearm back on the table.



-END OF COURSE-

CRITERIA FOR COMPLETING THE COURSE:

1. You must complete **ALL** tasks in the specified sequence within **1:30 minutes or less** or you fail the course.
2. You must correctly identify the suspect.
3. Upon completion, you will be told if you have successfully completed all tasks.

PHYSICAL PERFORMANCE TEST: ***NEW TESTING*** effective 8/15/19

After you successfully complete the Physical Ability Course, you will then be required to successfully pass the Physical Performance Test, on the same day, which consists of:

(M=Male F=Female)

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|-----------------------------|-------------------------------------|
| 1. V-Sit & Reach | M 19 / F 22 centimeters or more. |
| 2. 300 Meter Sprint | M 83 / F 110 seconds or less. |
| 3. Sit Ups | M 30 / F 19 or more in 60 seconds. |
| 4. Push Ups | M 25 / F 8 or more (no time limit). |
| 5. 1.5 Mile Run | M 15:28 / F 18:36 minutes or less. |

PHYSICAL PERFORMANCE TEST DESCRIPTION:

EACH APPLICANT WILL COMPLETE THE PHYSICAL PERFORMANCE TEST IN THE SAME ORDER

1-SIT AND REACH

[MINIMUM PASSING SCORE M 19CM / F 22CM]

- SCORED USING THE SIT AND REACH FLEXIBILITY BOX (SHOES OPTIONAL)
- PROCTOR WILL READ THE RESULT ALOUD [SCORE USING COLUMN C]
- BEST SCORE OF 3 ATTEMPTS WILL BE RECORDED



<p>PERFORMANCE POINTS: KEEP FEET FLAT ALONG THE FRONT OF THE BOX BOTH LEGS REMAIN STRAIGHT REACH ONE HAND ON TOP OF THE OTHER, KEEPING MIDDLE FINGERS ALIGNED PUSH SLIDE FORWARD AS FAR AS POSSIBLE</p>	<p>DISQUALIFIERS: FEET OFF THE BOX BENDING THE KNEES ONE HAND REACHING PASS THE OTHER PUSHING THE SLIDE AHEAD OF HANDS</p>
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2- 300 METER SPRINT

[COMPLETE IN M 83 / F 110 SECONDS OR LESS]

- SPRINT A DISTANCE OF 300 METERS AS QUICKLY AS POSSIBLE



<p>PERFORMANCE POINTS: RECOMMEND RUN IN A STRAIGHT LINE SHOULDERS BACK/DOWN, LOOSE HANDS</p>	<p>DISQUALIFIERS: NOT COMPLETING THE REQUIRED DISTANCE/TIME</p>
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3-SIT UPS

[COMPLETE M 30 / F 19 IN 1 MINUTE/60 SEC]

- MAXIMUM NUMBER OF SIT UPS WITHIN 60 SECONDS (1MIN)
- PARTNER WILL SECURE/HOLD APPLICANT’S FEET DURING THE TEST.



PERFORMANCE POINTS:	DISQUALIFIERS:
BEGIN LAYING WITH BACK FLAT ON THE GROUND KNEES BENT, FEET TOGETHER ARMS CROSSED, HANDS ON THE OPPOSITE SHOULDERS FOR EACH REPETITION – SIT UP, ELBOWS TOUCH THE KNEES, THEN BACK UNTIL SHOULDER BLADES TOUCH THE MAT	HANDS COMING OFF OF SHOULDERS ELBOWS NOT TOUCHING KNEES SHOULDER BLADES NOT REACHING THE GROUND/MAT

4- PUSH-UPS

[COMPLETE M 25/ F 8 NO TIME LIMIT]

- ONCE THE TEST BEGINS, COMPLETE AS MANY PUSH-UPS POSSIBLE WITHOUT BREAKING FORM.



PERFORMANCE POINTS:	DISQUALIFIERS:
START IN THE “UP” POSITION ARMS STRAIGHT, BACK IN A FLAT PLANT POSITION FEET TOGETHER EACH PUSH-UP REPETITION – LOWER BODY TO WHERE CHEST TOUCHES COUNTER AND PRESS BACK UP UNTIL ARMS LOCKED STRAIGHT (CHEST AND HIPS RISE AND LOWER TOGETHER)	BREAKING FORM RE-POSITIONING, LIFTING HANDS/FEET LIFTING/BENDING/COLLAPSING AT THE HIPS NOT LOWERING THE BODY COMPLETELY NOT COMPLETING FULL ARM EXTENSION

5- 1.5 MILE RUN

[COMPLETE IN M 15:28 / F 18:36 OR LESS]

- RUN A DISTANCE OF 1.5 MILES AS QUICKLY AS POSSIBLE.
- FOLLOW DIRECTIONS TO THE HALF-WAY POINT, AND RETURN TO THE STARTING LINE.



PERFORMANCE POINTS:	DISQUALIFIERS:
RECOMMEND RUN IN A STRAIGHT LINE SHOULDERS BACK/DOWN, LOOSE HANDS	NOT COMPLETING THE REQUIRED DISTANCE/TIME

If you are unsuccessful in completing the Physical Ability Course or Physical Performance Test you may be permitted to retest once before being required to re-apply for future employment consideration.

Email: CPDrecruiting@cityofchesapeake.net with any questions.

