

Kyle Police Officer Entrance Physical Agility Test

Candidate: _____ SS#: _____
Evaluator: _____ Date: _____

I. Endurance Test

The candidate will complete a 3 minute step test with a 12 inch step. They will step to the beat of a metronome set to 96bpm (24 steps per minute). Heart rate will start to be measured within 5 seconds of the end of the test, and measured for a total of 1 minute. Candidate's ranking must be greater than or equal to the 50th percentile based on normative data from the YMCA 3 Minute Step Test.
RHR _____ 1min HR _____ Able _____ Unable _____

II. Obstacle Course

Candidates will perform this section of the test with police gun and belt and a bulletproof vest, weighing approximately 16# total.

- A. Begin in car with seat belt fastened. Time is started when evaluator says, "go." Candidate will unfasten his seat belt and leave the car.
- B. Candidate will climb over a 4 foot chain link barrier.
- C. Candidate will maneuver (run between cones alternating left and right) around 80 yards of cones.
- D. Candidate will cross the access road and maneuver around 20 yards of cones.
- E. Candidate will go up 8 yards of uneven terrain and down 8 yards of uneven terrain.
- F. Candidate will maneuver around 20 yards of cones and go back across the access road.
- G. A 20 second rest time will be used to account for waiting for traffic when crossing the access road. The remainder of the 20 second rest will be given after crossing back over the access road.
- H. Candidate will encounter a 3 foot barrier and maneuver underneath it.
- I. Candidate will maneuver around 80 yards of cones.
- J. Candidate will encounter guy wires and a telephone pole and will proceed between these objects.
- K. Candidate will encounter a clip and rounds. Candidate must load 10 dummy bullets into clip.
- L. Candidate will encounter a flight of stairs, ascending and descending for a total of 5 flights equal to 100 steps total.
- M. Candidate will run past starting line and time will be stopped when candidate's body fully passes the starting line.
- N. Candidate must complete the obstacle course within 4 minutes & 30 seconds.

Time _____ Able _____ Unable _____

III. Material Handling

Candidates will perform this section of the test with police gun and belt and a bulletproof vest, weighing approximately 16 pounds total.

- A. The candidate will perform a floor to chest lift with a 75# box. Able _____ Unable _____
- B. The candidate will lift and carry 75# box 20 feet. Able _____ Unable _____
- C. The candidate will push a sled with 50# of horizontal force, 20 feet. Able _____ Unable _____
- D. The candidate will pull a sled with 50# of horizontal force, 20 feet. Able _____ Unable _____

IV. Fine Motor Skills

- A. The candidate will successfully manipulate the slide of an equivalent safe training KPD duty handgun in the following manner: 1. With the dominant hand, obtain a one-handed firing grip on the weapon. 2. Grasp rear portion of the slide with the support hand. 3. Move the slide fully to the rear and release. The test will be performed successfully six times within 1 minute.

Able _____ Unable _____