



BAKERSFIELD POLICE DEPARTMENT



PHYSICAL AGILITY EXAM POLICE TRAINEE BAKERSFIELD POLICE DEPARTMENT

The physical agility exam is designed to measure the job-related physical characteristics of strength, agility and stamina required of a Police Officer. Candidates are required to successfully pass each testing event. Testing events are timed individually. With the exception of the 500 Yard Run, each test is administered twice, and the time for the fastest trial is used as the candidate's score.

99 YARD OBSTACLE COURSE

Run a 99 yard obstacle course consisting of several sharp turns, a number of curb-height obstacles, and a 34 inch high obstacle that must be vaulted by placing both hands on top of the barrier. Recommended passing time for Police Trainee candidates is 26.1 seconds.

BODY DRAG

Lift and drag a 165 pound dummy 32 feet. Recommended passing time for Police Trainee candidates is 18.7 seconds.

CHAIN LINK FENCE

Run 5 yards to a 6 foot chain link fence, climb over fence, and continue running for 25 yards.

Candidates cannot use the side support rails to get over the fence. Recommended passing time for Police Trainee candidates is 10.9 seconds.

SOLID FENCE CLIMB

Run 5 yards to a 6 foot solid fence, climb over fence, and continue running for 25 yards.

Candidates cannot use the side support rails to get over the fence. Recommended passing time for Police Trainee candidates is 13.7 seconds.

500 YARD RUN

Run 500 yards (equivalent to 1 lap plus 60 yards of a standard running track). Recommended passing time for Police Trainee candidates is 147.0 seconds.

Police Trainee candidates are required to pass the physical agility exam with a cumulative score of **269** points.