



Physician's Authorization

In my medical opinion, based on examination and knowledge of
_____, he/she is physically and mentally
capable to participate in the Physical Agility Test.

Physician's Signature

Printed Name

Date

CPD Physical Fitness Test

Departmental physical fitness testing is made up of three components (physical agility course, vehicle push, and trigger pull). Failure of any one (1) of these three (3) components will result in failure of the entire test.

The physical agility course covers approximately 440 yards and requires participants to negotiate an assortment of obstacles. Participants will have to demonstrate a wide range of motion and a reasonable degree of physical skill to successfully complete these job-related tasks.

Participants will be timed by stopwatch while they negotiate the agility course. Participants may wear comfortable, loose-fitting clothing and footwear of their choosing. The participant will be expected to complete the agility course in four (4) minutes to pass the course with a minimum score of 70.

The starting point will be located at the beginning of the mulch trail approximately ten (10) yards in front of the low (two feet) wall. Participants will be required to stay on the mulch path while navigating the course.

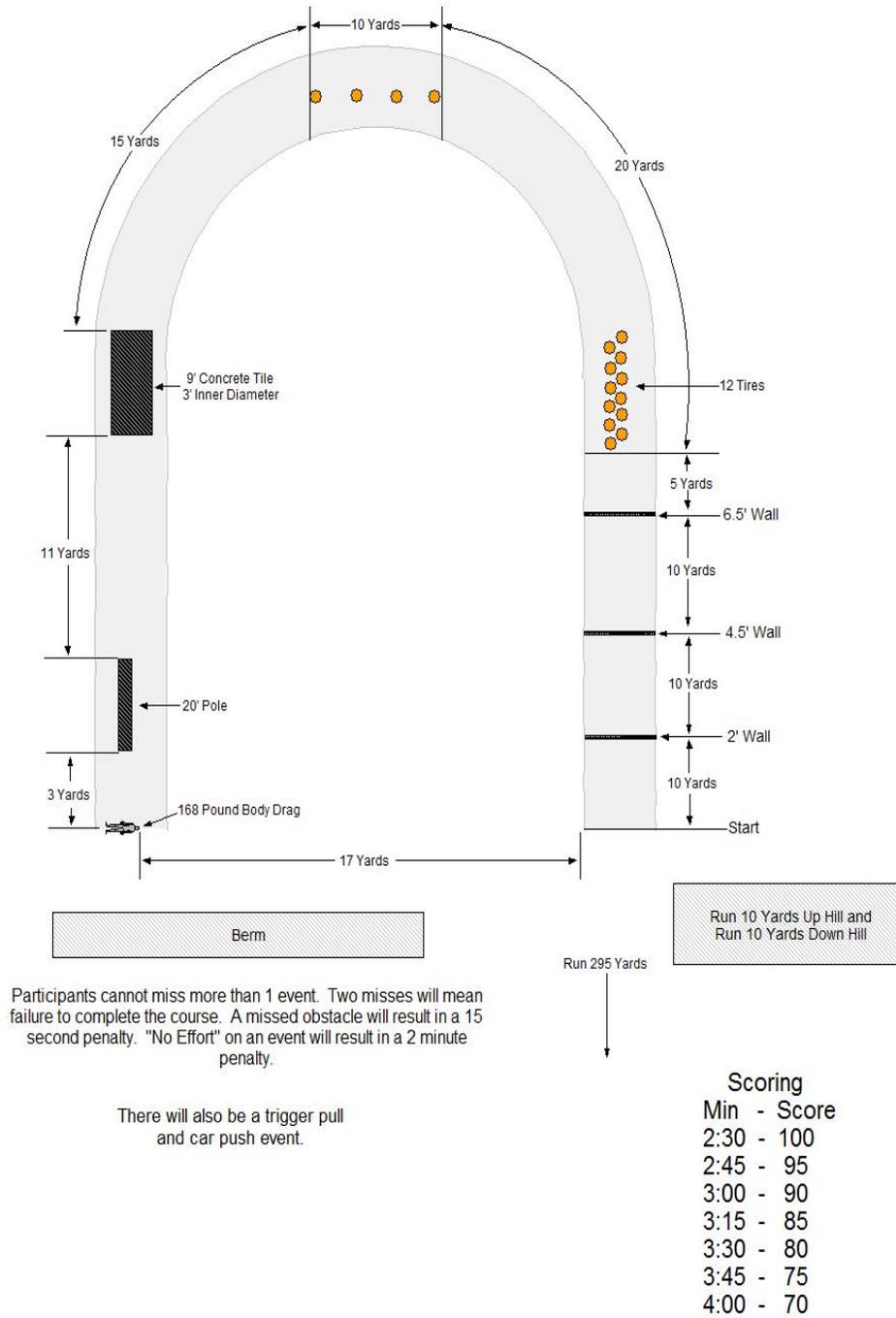
When the time starts, the participant will run to the low wall and jump it. The participant will then vault the medium (four and a half feet) wall. The participant will then climb the high (six and a half feet) wall. The participant will then high step through each of the twelve tires. The participant will then run around the barrels as directed (three times) without touching any barrel. The participant will then crawl through a nine (9) feet long concrete tile (three feet inner diameter). The participant will then walk on top of a twenty (20) feet long utility pole laying on the ground. The participant will then drag or carry a dummy (weighing approximately 168 pounds) approximately fifteen (15) yards back to the original starting point. The participant will then run ten (10) yards up and ten (10) yards down the hill and cover an additional 295 yards to complete the course.

Each event/obstacle must be attempted or a two (2) minute penalty will be added to the participant's overall time. Each event may be attempted multiple times. If a participant cannot complete an event, fifteen (15) seconds will be added to their time. Participants cannot fail to complete more than one (1) event. Each wall is its own event. Participants will fail a wall event if they cannot get over a wall unassisted. Participants will fail the tire event if they do not step in each tire. Participants will fail the barrel event if they knock over a barrel (unless they reset the barrel and go back to the beginning of the barrels and start again). Participants will fail the tile event if they do not go through the tile. Participants will fail the pole event if they step/fall off the pole (unless they go back to the beginning of the pole and start again). Participants will fail the body drag event if they fail to move the dummy fifteen (15) yards unassisted. Inability to successfully complete the agility course within the specified time will result in failure of the physical test.

With the arm fully extended at shoulder height, participants will also be required to pull the trigger of an "N" frame Smith & Wesson revolver eighteen (18) times with the strong hand within one (1) minute. They will also have to pull the trigger twelve (12) times with the weak hand in one (1) minute. Inability to accomplish the pulls within the specified time with either hand will result in failure of the whole test.

Participants will also have to push a police vehicle twenty (20) feet on level pavement within one (1) minute. Inability to successfully complete the push within the specified time will result in failure of the physical test.

Cookeville Police Dept. Physical Agility Course





Police Department

Physical Fitness Test Score Sheet

Name: _____

Date: _____

Event

Score

Examiner

Vehicle Push

Pass/Fail

Applicant will push a police vehicle twenty feet within one (1) minute. Vehicle will be on level ground in neutral.

Trigger Pull

Pass/Fail

Applicant will pull the trigger eighteen times with the strong hand within one (1) minute, and twelve times with the weak hand within one (1) minute. The revolver will be held at arm's length and shoulder high.

Obstacle Course

Pass/Fail

Applicant will run a certain distance, avoiding obstacles or climbing barriers. This may also involve jumping, crawling or negotiating changing ground surfaces. The agility course must be completed in four (4) minutes with a minimum score of 70.

(Time)

Failure of any one (1) of these three (3) components will result in failure of the entire test.

Administering Officer: _____