

Physicians Statement and Ability Test Description

Ability Test Components

220 Yard Shuttle Run

- The run is structured in four (4) consecutive legs of fifty-five (55) yards each, for a total of two hundred twenty (220) yards.
- The shuttle run course must be completed by the applicant in a time of forty seven (47) seconds or less.

Obstacle Course

- The obstacle course is designed to simulate pursuing a fleeing suspect around, over and through various objects. The course requires that applicants be able to run through serpentine patterns of cones, traverse stairs, jump/climb over a four (4) foot barrier, step/jump over an eighteen (18) inch low hurdle, and run/walk over a series of four (4) inch posts on the ground.
- The obstacle course must be completed by the applicant in a time of forty two (42) seconds or less.

Body Drag

- The body drag is designed to simulate the rescue of an injured person in a life threatening situation. The
 applicant must drag/lift/carry/pull a one hundred fifty (150) pound dummy a distance of forty (40) feet
 across a carpeted surface.
- The body drag must be completed by the applicant in a time of twenty (20) seconds or less.

Physician's Statement of Ability to Test

Applicants must have this form completed by a physician prior to participating in the physical ability portion of the applicant testing process.

I,(Physicial	n's Printed Name) , have re	eviewed the above description of the Ocean City
Police Department's Ap	plicant Ability Test and certify that	(Applicant's Printed Name)
Please check one	e: Can safely perform this test	☐ Can <i>NOT</i> safely perform this test
	Physician's Signature	
	Annlicant's Signature	

Applicant Ability Test Revised: 06/21/2011