

Roswell Police Department
Agility Course
Instructions

This physical assessment is to be completed wearing long pants, duty belt, Kevlar vest and boots that provide ankle protection.

The candidate starts seated in vehicle with the keys in the ignition. (Vehicle parked 10 yards (30 feet) from base of stairs)

On the command to begin the candidate will state his/her name and the vehicle mileage. This begins the evaluation.

The candidate must exit vehicle with the keys, unlock the trunk and remove 5 cones (stacked).

The candidate will close the trunk and place the keys on top of the trunk.

The candidate will then run 10 yards (30 feet) to the base of building stairs.

The candidate will place cones between poles next to the stairs.

The candidate will run up 2 stories on stairs touching every step and touch door at top.

The candidate will run down stairs touching every stair and then sprint approx 50 yards to the 4' wall.

The candidate will climb over the wall unassisted.

The candidate will then be given an artificial weapon and must press the trigger 6 times with their left hand only and 6 times with their right hand only.

The candidate will then run 7 yards (21 feet) to the agility rope course.

The candidate will complete the agility course placing a foot in each of the openings and then run 33 yards (99 feet) from end of rope course to the weighted dummies.

The candidate will roll dummy #1(110lbs) over and apply handcuffs.

The candidate will then drag dummy #2 (154lbs) 10 yards (dummies feet must move 10 yards from starting location).

The candidate will run 20 yards (60 feet) and retrieve 5 cones.

The candidate will run 10 yards (30 feet) with the cones to the vehicle; unlock the trunk and place the cones inside.

The candidate will then close the trunk, sit in the driver's seat with the door closed, state their name and "complete" ending the evaluation.

The candidate must give their maximal and continual effort through the entire course. At no time will resting be allowed.