

**Physical Agility Test
Police Officer**

**TEST WILL BE ADMINISTERED ON JUNE 18, 2019 @ 10AM AT THE
ALLEGHENY COUNTY POLICE ACADEMY.
(700 W Ridge Rd, Allison Park, PA 15101)**

Applicants should arrive no later than 9:30am for registration.

THE FOLLOWING PHYSICAL EXERCISES ARE REQUIRED OF ALL APPLICANTS FOR THE POSITION OF POLICE OFFICER. THOSE PERSONS WHO FAIL TO SUCCESSFULLY COMPLETE ALL EXERCISES WILL BE ELIMINATED FROM THE SELECTION PROCESS.

1. STRETCHER CARRY (2 PERSONS)

Applicants are required to carry a stretcher with a simulated patient from a starting point, around a marked and back. Those failing on the first attempt will be allowed to retake the exercise with person who has successfully completed the exercise.

Total Distance - 100 feet

Total Weight - 200 pounds

2. SIMULATED BODY DRAG

Applicants are required to drag a simulated body to a termination point without assistance.

Total Distance - 50 feet

Total Weight - 200 pounds

Time -15 seconds

3. QUARTER MILE RUN

Applicants are required to run a distance of one quarter (1/4) mile on a pre-measured course in the least time possible

Maximum Time -110 seconds

4. WINDOW CLIMB

Applicants are required to climb through a six (6) foot high level window without assistance onto a three (3) foot level platform on the other side of the window, then back down to the ground.

5. 30 Second TRIGGER PULL

Within a 30-second time limit per hand, an applicant is required to repeatedly pull fifteen (15) times for hand the trigger of a double action nonfunctional revolver with arms horizontally extended.