

Spring Lake Police Department Job Related Physical Abilities Test

The content of the Preliminary Applications will be reviewed. If all information received is acceptable, Candidates will be contacted, be given additional information and be scheduled for the physical abilities test. **Candidates WILL NOT be allowed to attempt the physical abilities test UNTIL they have returned the attached Medical Release Form.** *The physical abilities test will be administered RAIN or SHINE.*

Each Candidate who advances to the Job Related Physical Abilities Test will be required to complete both of the following:

Physical Abilities Test- Part #1: 300-Meter Run (338 yards, or 984 feet, or .186 miles)

Candidates must successfully complete this test in 68 seconds or less in order to advance to the Physical Abilities Test-Part #2.

- Candidate runs 300 meters.

ALL CANDIDATES WILL BE GIVEN AT LEAST FIFTEEN MINUTES OF REST BETWEEN PART #1 AND PART #2 OF THE PHYSICAL ABILITIES TEST

Physical Abilities Test-Part #2 Modified POPAT

Candidates must successfully complete this test in 7 minutes, 20 seconds or less in order to advance to Phase (1) One of the Employment Selection Process for Police Officer.

- **Exit vehicle and run 200 yards-** The Candidate will begin the test seated in a car with the seatbelt secure and hands placed at 9 and 3 o'clock position. Upon the Instructors command of, "GO" candidate will exit the vehicle and run 100 yards to an orange cone, circle the cone, and run back 100 yards, returning to the passenger side of the vehicle.
- **Pull 150-pound victim from the car and drag victim 50 feet-** Candidate opens the front passenger door of the vehicle, pulls the 150-pound victim from the vehicle and "Body Drags" the victim 50 feet to a staircase.
- **Scale up and down a 5-step staircase three times-** (Candidate must touch each step)
- **Advance 25 feet, open and exit through a door weighted with 50 pounds of resistance.**
- **Complete 10 push-ups and 10 sit-ups-** (in that order)
- **Return 25 feet to the staircase and scale up and down the 5-step staircase three times.** (Candidate must touch each step)
- **Advance 25 feet and crawl through a 40-foot culvert-**Candidate runs 25 feet to the entrance of a culvert, enters the culvert, and crawls on hands and knees through the 40-foot culvert.
- **Complete 10 push-ups and 10 sit-ups-** (in that order)
- **Run 200 yards and return to the vehicle-** Candidate will run 100 yards out to the cone, circle the cone and return 100 yards to the vehicle.
- **Remove a 150-pound victim and drag it 50 feet-** Candidate will drag the 150-pound victim from the vehicle, 50 feet to the staircase, place the victim on the ground and place both of his/her feet on the bottom step of the staircase.