

Entry Level Physical Agility Test

The Weslaco Police Department's Physical Agility Test is comprised of five (5) separate events and based on physical skills which have been found to be necessary in the performance of police work. Participants are required to successfully complete all five (5) of these events in the required time limitations or they fail the entire physical agility test.

The actual test is a simulated foot pursuit course in which the participant must chase, apprehend and then protect an imaginary suspect.

The sequence of events is as follows:

- Balance Beam
- 6' solid fence
- Enter and Exit through windows in a building
- 440-yard run
- Body drag

While running through the course, the participant may encounter minor obstacles similar to those experienced in everyday routine.

Participants are timed from the start to finish. All events of the course must be successfully completed within the time allowed. Each participant will have three (3) minutes to complete the course.

Simulated Scenario:

You have just stopped a stolen vehicle, as the vehicle stops, the driver jumps from the vehicle and runs; you pursue him on foot. The suspect crosses an irrigation canal by running across a pipe that is across the canal. The suspect then goes over a six (6) foot cinder block fence into a residential backyard in an attempt to evade arrest. The suspect then enters a garage type building through an open window, and then exits the other side of the building through another open window. He runs towards a school yard and goes through an eight (8) foot chain link fence. He continues to run across the open play field for approximately 440 yards at which time you catch him and place him under arrest. He is in his neighborhood. Several neighbors hear the noise and threatened to take the suspect away, he is uncooperative and refuses to walk, you move the suspect to the patrol car that has just driven up in order to maintain control over the situation.

The following is an event-by-event description and explanation of each test event:

Event I

15' Balance Beam

Situation:

The suspect you are chasing has just run across an irrigation canal by using a large pipe that crosses the canal.

Simulation:

Walk/Run a distance of 15' on a balance beam that is raised off the ground.

(continue running to the next event)...

Event II

6' solid fence

Situation:

The suspect has climbed over a cinder block fence into a residential backyard in an attempt to evade arrest.

Simulation:

Get over the fence as quickly as possible. The fence is constructed as a solid flat front and is 6 feet tall.

(continue running to the next event)...

Event III

Entry and Exit of building through windows

Situation:

The suspect has climbed into a garage type of building by way of an open window in an attempt to hide. The officer pursues; the suspect exits on the other side through another open window.

Simulation:

Crawl through the open window, pursue the suspect through the house and exit through the open window on the other side of the garage.

(continue running to the next event)...

Event IV

440 yard run

Situation:

The suspect continues to run away.

Simulation:

(continue running to the next event)...

Event V

15' Body Transport

Situation:

The suspect is arrested but becomes uncooperative and refuses to walk. This is his neighborhood and some neighbors hear the noise and are threatening to take the suspect away from you. You must move the suspect to the patrol car that just pulled up in order to maintain control over the situation.

Simulation:

Drag a 165 pound dummy 15' as quickly as possible. The dummy simulates a male, 5'7" tall, weighing 165 pounds; which approximates the national median height and weight for males.

This completes the description of the individual events. In real life, these events occur in a sequence of events as depicted by the test.