

Benton Police Department Physical Agility Test for Applicants

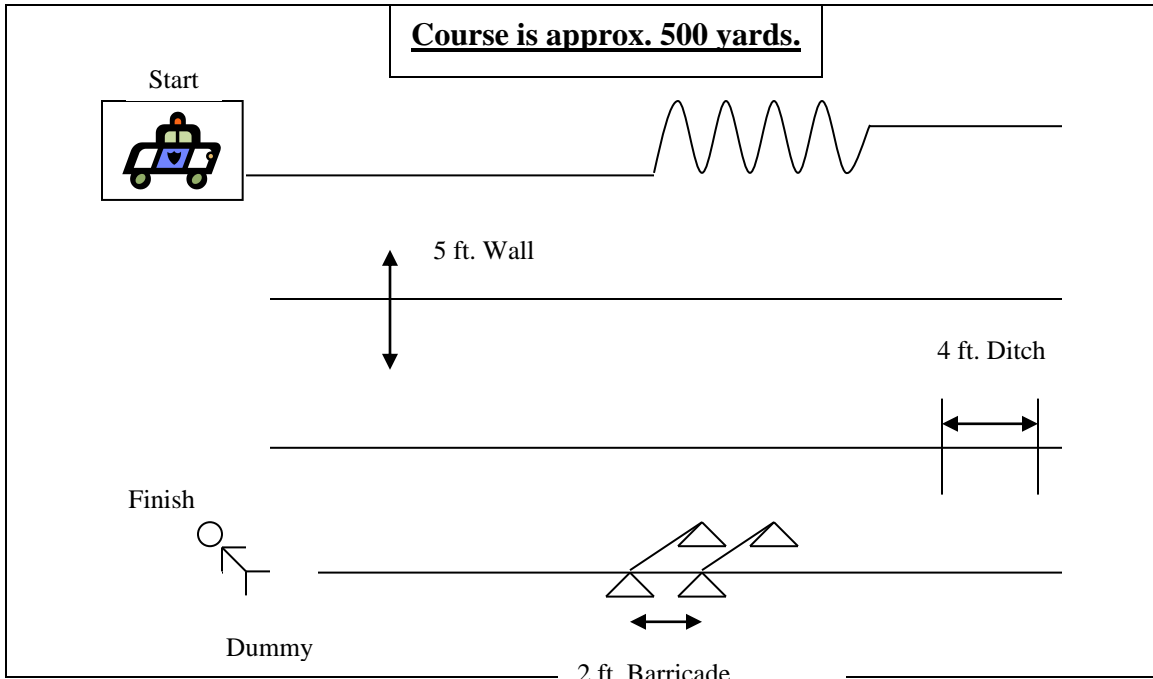
Applicant Name: _____ Date: ____/____/____

Starting Position-From a seated position in the driver's seat of a police car.

Time begins when participant steps out of police car.

1. Participant runs 95 yards.
2. Participant weaves through 8 traffic cones placed 20 feet apart, turns around far two cones. *(Participants knocking down a cone receives a 3-second penalty for each cone knocked down. The 3 second penalty simulates the delay an officer would experience as a result of running into an obstacle. Participants failing to turn around any cone in the scenario receives a 5 second penalty for each cone missed.)*
3. Runs 105 Yards
4. Climbs/vault a 5ft. solid-face wooden wall, and turns around two cones. *(A 2ft x 2ft metal table, placed 10 foot from the edge of the wall may be used by participants unable to surmount the wall. The intent here is to recognize that an officer in pursuit will not quit due to a temporarily impassable obstacle and that the officer will look for a way to get over the wall using a garbage can, bicycle, or box realizing that doing so will require additional time.)*
5. Runs 105 Yards
6. Jumps a 4ft. horizontal "ditch" and turns around two cones. *(Participants unable to clear the ditch receives a 5 second penalty. The penalty for failure to clear the ditch simulates the time it would take an officer to recover his/her footing and climb out of the ditch if the running leap failed.)*
7. Runs 55 yards, crawls under two 2ft. high traffic barricades placed 3ft. apart, and runs 55 yards. *(Participants knocking over the barricades will receive a 5 second penalty. This penalty simulates the time it would take the officer to get un-hung from a fence or other obstacle he/she has attempted to crawl under.)*
8. Rolls 160 lb. Dummy on to from side, grabs dummy's hands and touches them together behind dummy's back.

Time stops when hands touch behind dummy's back.



Participants should wear physical training attire. Participants will be required to wear the following, supplied by the department: protective vest, standardized (12 lb.) duty belt (generally belt, holster, firearm, handcuffs, magazine holder, flashlight, and baton).

Applicants 21-39 years of age will have 3 minutes to complete the test. Applicants 40 years of age and older will have 3 minutes and 20 seconds to complete the test.

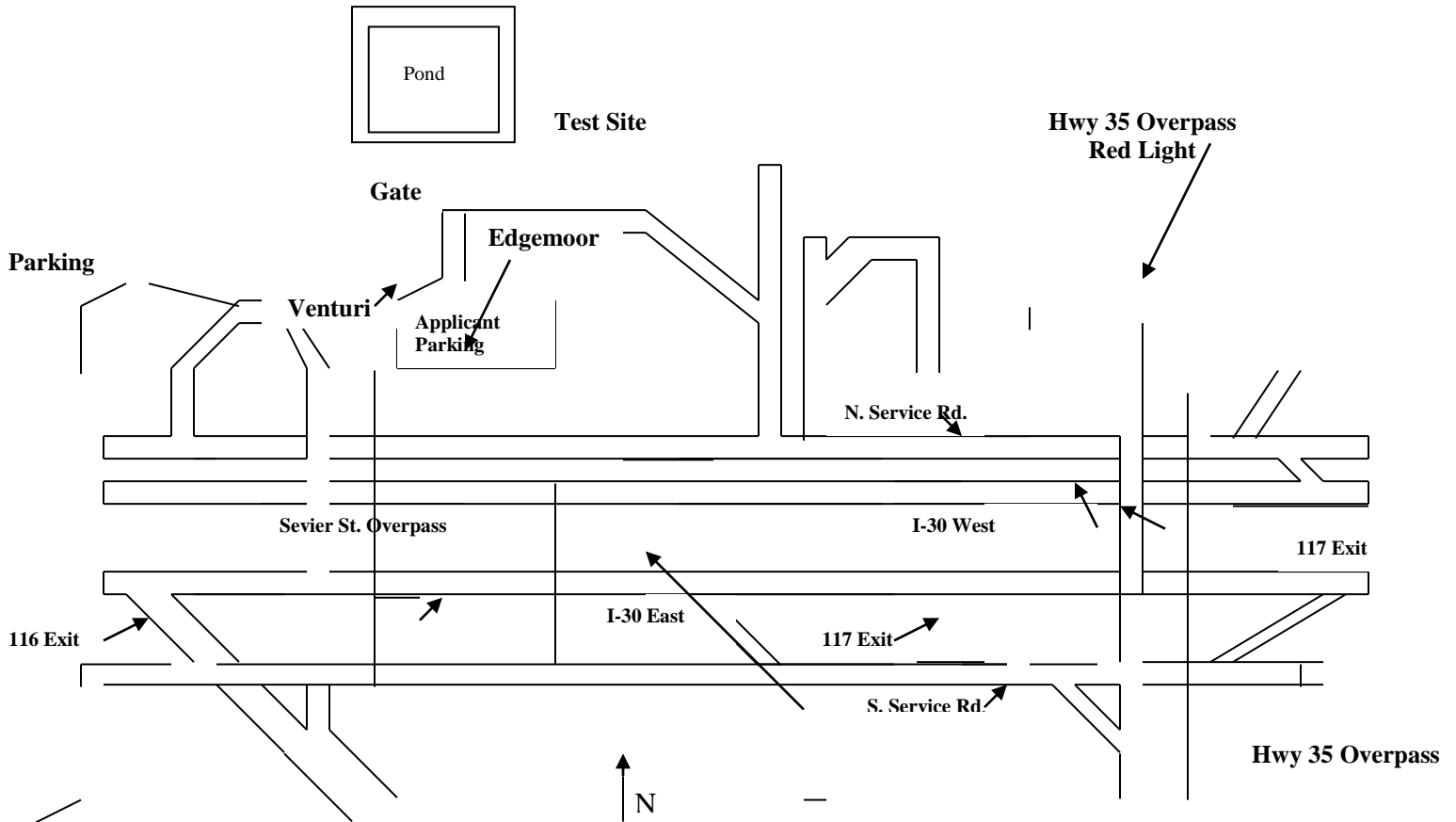
Please read and sign the following statements:

I, _____ do hereby release, indemnify, and agree to hold harmless, the City of Benton, the Benton Police Department, its employees, agents and assigns from and against any and all claims, liability and caused of action which may have accrued or in the future accrue to me as a result of my taking of a test to determine my physical agility. I understand that the said skills assessment is required as part of the application procedure for consideration for employment as a Probationary Officer of the Benton Police Department. I acknowledge that during the taking of said test, my physical strength and general physical condition will be measured, and in conjunction therewith, I will be required to exert myself physically, and condition to determine whether or not I meet the job related requirements by the Benton Police Department. I voluntarily agree to participate in said test and realizing the possible consequences of liability that I may presently have or which I attain in the future as a result of, or with regard to, the said test:

Signature

Date

Directions to Physical Agility Testing Site



When traveling on I-30 west bound take the 117 exit onto the North Service Rd. and go approx. 9/10 of a mile west to Edgemoor Tr. Turn right (north) onto Edgemoor Tr. And proceed north to Venturi Dr. Upon reaching Venturi Dr. turn left (west), when you reach the gate at the Benton Utilities turn left into the parking lot. Park on the paved parking areas indicated.

When traveling on I-30 east bound, take the 117 exit and proceed to your right, then go over the overpass north bound to the traffic light on Highway 35 (one block north of the overpass). At the traffic light turn right and at the next intersection take another right, which will take you to the North Service Road. Then follow directions above to the testing site.