

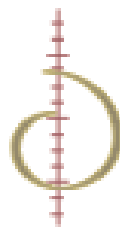
Candidate Information Guide

Entry-Level Police Officer

Physical Ability Examination



Developed by



Stanard
& Associates, Inc.

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INTRODUCTION

This information guide is designed to describe the physical tasks you will be required to perform for the Johnson County Police Officer Physical Ability Examination. You will increase your chances of achieving a passing score if you spend a fair amount of time preparing for the test. This includes thoroughly reviewing this information guide, following the specific directions given regarding attire, paying proper attention to your physical well-being before the test and taking care to avoid becoming overly anxious about the test.

OVERVIEW OF THE TESTING PROCESS

A job analysis of police officers in the participating Johnson County police departments revealed that they perform certain essential or important physical functions that are vital to their job duties. Many essential functions identified from the job analysis were included in the physical ability examination described below. A subject matter expert meeting comprised of Johnson County law enforcement personnel also confirmed that the functions included in the physical ability test were job-related and essential for successful performance as a Johnson County police officer.

In Johnson County, police officers must be able to run (speed and distance), duck-under low-lying obstacles (such as tree branches), climb over obstacles, run or walk up and down flights of stairs, lift, carry, walk, sit or stand for long periods of time and arrest resisting individuals. The Johnson County Police Officer Physical Ability Examination measures job-related physical skills such as these that are necessary for successful performance as a police officer. Only those skills that do not require training to become proficient are assessed.

The examination is equally valid for assessing the physical skills of individuals with police experience and those without. For example, one portion of the test requires the applicant to climb a chain link fence. It is not necessary to have prior experience as a police officer to possess the physical ability to climb a fence.

TEST PREPARATION

The following suggestions should help you prepare yourself physically for the test:

- (1) Avoid junk food and concentrate on a well balanced diet for several days before the test.
- (2) Avoid tranquilizers and stimulants such as caffeinated beverages, especially on the day of the test.
- (3) Get a good night's sleep before the test.
- (4) Do not drink a lot of liquids or eat a big meal before the test.
- (5) Avoid alcohol several days prior to and especially on the day of the test.
- (6) Prepare for the examination.

Often, a serious candidate for a police position has begun preparing mentally and physically for the recruitment and selection process well before the job posting. However, candidates can still prepare for a physical ability test, even if it is only two or three days before the exam. Simple activities such as stretching and running can greatly enhance your chances of passing a physical ability exam. In addition, the exam components can be re-created to some extent by nearly anyone. Please remember to keep safety in mind when practicing, and always consult a physician before beginning any physical fitness program.

On the day of testing, all candidates are advised to wear sweatpants or long pants, however shorts are permitted (NOTE: shorts do not cover the legs which could be injured in a fall). Sport shoes are also highly recommended.

DESCRIPTION OF THE TEST

The test will require candidates to complete several specified physical tasks in a given sequence within an allotted time frame. An orientation and walk-through will be conducted prior to testing.

REQUIREMENTS

Safety will be maintained at all points during the testing. This test measures the physical ability needed to successfully perform the duties of a police officer, not knowledge and skills acquired as the result of training and experience. For example, in the fence climb, it is assumed that a suspect is not waiting on the other side.

TEST COMPONENTS

All applicants will be given an orientation and walk-through. No one will be allowed to take the test unless they fully understand what is expected.

To begin, the candidate will sit in the driver's seat of a patrol car with the driver's side door opened (no seatbelt is required) and will await further instructions. A test monitor will verbally brief the candidate on the test components. Finally, the test monitor will tell the candidate to go when the candidate feels ready and the individual must then complete the following physical tasks. Timing begins when both of the individual's feet touch the pavement.

1. Patrol Car: A patrol car is parked on the traffic lane side of a concrete curb in the parking lot. Candidates must exit the driver's side of the vehicle and run to the rear of the vehicle in the direction of the other side of the concrete curb. (Refer to course diagram for car position)
2. Concrete Curb Weave Maneuver: After exiting the patrol car, candidates must run around a concrete curb to the rear of the vehicle, making sure not to cut across the grass area and follow painted arrows on the ground pointed in the direction of the main course area.
3. Terrain Change: Upon leaving the parking lot and entering the main course area, the candidate will run a short distance to a drop-off in terrain (74 yards from the patrol car to terrain change). The candidate must run down and over the decline. (Approximately 7 feet wide by 4 feet deep)
4. Duck under low-lying Obstacle (1): After maneuvering through the terrain change, candidates will run a short distance (10 yards) and encounter the first of two low-lying obstacles. The candidate must duck under the first low-lying obstacle (simulating branches of a tree or other low-lying object). Candidates who go around this obstacle must be instructed to go back and complete this task. Candidates who cannot successfully duck under the obstacle will **automatically fail** the exam. (5 feet tall)
5. Duck under low-lying Obstacle (2): After running a short distance (47 yards), the candidate will encounter the second of two low-lying obstacles. The candidate must duck under the second low-lying obstacle (simulating branches of a tree or other low-lying object). Candidates who go around this obstacle must be instructed to go back and complete this task. Candidates who cannot successfully duck under the obstacle will **automatically fail** the exam. (5 feet tall)

6. Fence Climb: Next, candidates must run a short distance (14 yards) to a 4'6" ft. high chain link fence and climb over it. It is **mandatory** they climb over the fence and not go around it. Candidates who cannot successfully climb over the fence will **automatically fail** the exam.
7. Stair Climb: After running a specified distance (13 yards), candidates must climb up 6 steps to a platform and come back down 6 steps on the other side. Candidates must climb up and down the stairs and not go around. It is not necessary that candidates touch every step of the way up or down, however candidates should not jump down from the top of the platform.
8. Suspect/Victim Move: Lastly, candidates proceed a short distance to a 150 pound dummy lying on the ground and move the dummy across a line 15 feet away (total distance 18 yards from stair climb to finish line). Timing of the event stops when the candidate and entire dummy pass over the line.

Total Course Distance - approximately 175 yards

CRITERIA FOR PASSING THE EXAM

Candidates must complete all events in **72 seconds (1 minute 12 seconds)**, in the required sequence, and as described in the previous section in order to pass the examination.

Although proctors may be on hand to tell candidates if they made a wrong turn (for example, running to the front of the patrol vehicle instead of the rear), it is ultimately the candidate's responsibility to make sure he/she understands what is required.

Upon completion of the test, candidates will be told their time and informed of their pass/fail status.

The following page is a course diagram mapping out the entire exam sequence.

