



## **PAPD POLICE OFFICER PHYSICAL PERFORMANCE TEST OVERVIEW**

The information below provides an overview of the PAPD Job Simulation Physical Performance Test. Candidates are encouraged to review this information carefully to ensure a clear understanding of the test and its requirements prior to registration or scheduling.

To assess candidate's physical abilities, a job simulation physical performance test will be used. This job simulation will reflect a suspect pursuit and restraint. During the job simulation, you will complete seven tasks in a continuous event. Event details are described below:

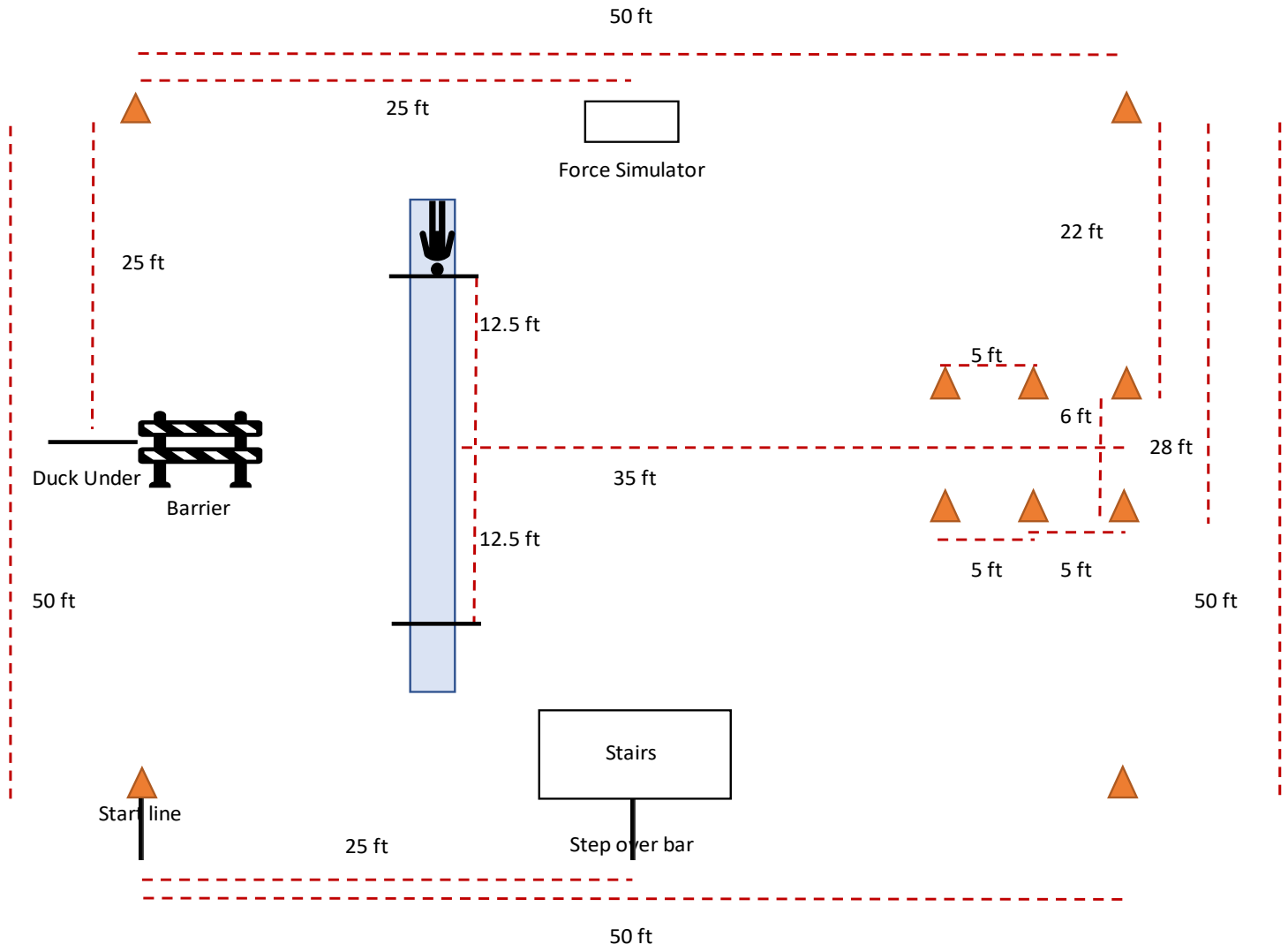
- Your score will be the time to complete the entire job simulation.
- You will complete the job simulation **while wearing a 15-pound weighted vest**.
- In order to qualify on the test, you must complete the job simulation in a time of **3 minutes and 30 seconds or faster** without committing an error.

The tasks in the job simulation include:

- **Running** – the total distance run in the simulation is about 300 yards. You will also be making turns during the run.
- **Stepping over obstacles** – while running there will be 18" high obstacles to step over.
- **Ducking under obstacles** – while running there will be 4' high obstacles to duck under.
- **Running up/downstairs** – run up the steps to the top platform and back to the ground.
- **Pushing and pulling** – Push against a physical control simulator and rotate it 180 degrees. Repeat this for four 180-degree movements. Then pull on the simulator bar and move 180 degrees for a total of four movements.
- **Dragging** – Grab the straps on a mannequin and pull/drag 25 feet until the entire mannequin is across the line.



### JOB SIMULATION PHYSICAL PERFORMANCE TEST LAYOUT





## PREPARING FOR THE PAPD JOB SIMULATION PHYSICAL PERFORMANCE TEST

Recommendations on how to prepare for the job simulation tasks are provided below. Also, we highly recommend watching the [Job Simulation Physical Performance Test Video](#).

Note:

- Consult your physician before starting this or any fitness program.
- The job simulation test is completed **while wearing a 15-pound vest**. Thus, preparing for the job simulation while wearing a weighted vest would be beneficial.

### RUNNING

As stated above, the total run distance is about 300 yards. This applies at the beginning of the simulation and between events.

From a standing position, you will begin the job simulation by running and making turns around cones.

If you miss a turn, the test will be stopped and you will get a second trial. If you knock over a cone, the test will be stopped and you will get a second trial.

A key concept to understand as you navigate the course is that you **must make a U-turn each time you come to the starting cone**.

#### How to Prepare

The job simulation run distance is about 300 yards and includes turns, obstacle step-overs, and duck-unders.

- Set up a course (50' x 50' square) where 90-degree left and right turns are needed.
- Incorporate objects to step over and duck under similar to the course layout.
- Run to the objects, step over or duck under, and continue running.
- Practice completing 18-inch step overs while wearing a 15-pound weighted vest or backpack.
- Make sure the run duration is 3-4 minutes.



## **STEPPING OVER OBSTACLES**

During the run, you will step over an 18-inch obstacle four (4) times.

If you miss an obstacle, the test will be stopped and you will get a second trial. If you knock over an obstacle, the test will be stopped and you will get a second trial.

## **DUCKING UNDER OBSTACLES**

During the run, you will duck under a 4-foot obstacle three (3) times.

If you miss an obstacle, the test will be stopped and you will get a second trial. If you knock over an obstacle, the test will be stopped and you will get a second trial.

## **CLIMBING OVER BARRIER**

You will climb over a 4-foot-high barrier. You can use your hands, arms, and feet to get over the barrier. You cannot hurdle the barrier.

If you miss the barrier, the test will be stopped and you will get a second trial. If you cannot get over the barrier after three (3) attempts, the test will be stopped and you will be deemed "Not Qualified" on the test.

### **How to Prepare**

The job simulation test barrier is 4 feet high.

The best way to train for this is to practice going over a 4' barrier (such as a bike rack or fence).

- Place both hands on the barrier and push up to raise your torso.
- Then raise your legs onto or over the barrier. You can also place your torso on the top of the barrier and roll over the barrier.

Explosive strength is needed in your arms to provide the push needed to raise your torso. Practice this pushing movement with your arms to get your torso above the barrier.



## **ASCENDING/DESCENDING STAIRS**

You will climb up and over a set of steps. You will continue to ascend and descend the set of stairs until you have completed the equivalent of two (2) floors of stairs which is seven (7) up and down cycles.

When ascending and descending the stairs you can use the handrail, but it is not required.

When ascending and descending the stairs you cannot skip steps. When completing a cycle, both feet must touch the floor before beginning the next cycle.

If you skip steps, you will receive a warning. If you skip steps a second time, the test will be stopped and you will get a second trial.

If both feet do not touch the floor at the end of a cycle, you will receive a warning. If you repeat this error, the test will be stopped and you will get a second trial.

### **How to Prepare**

- Practice running up and down a set of stairs.
- Continue running up and down stairs until you complete at least 35 steps.
- When completing the stair climb, do not skip steps on the ascent or descent.

## **PUSHING AND PULLING**

You will approach the physical control simulator and push on the handle. When pushing on the handle, the weight is raised. While pushing on the handle with the weight raised, you will move 180 degrees in a semi-circle. During this movement continue to push on the handle and keep the weight raised. Once you have moved the simulator 180 degrees, your lead foot will touch or cross a line on the floor. This completes one (1) cycle. You will complete four (4) cycles on pushing and moving in a semi-circle.

Once the four push semi-circles are complete, grab the handle and pull. When pulling, the weight is raised. While pulling on the handle with the weight raised, you will move 180 degrees in a semi-circle. During this movement continue to pull on the handle and keep the weight raised. Once you have moved the simulator 180 degrees, your lead foot will touch or cross a line on the floor. This completes one (1) cycle. You will complete four (4) cycles on pulling and moving in a semi-circle.



Once you complete four pull semi-circles, set the weight down in a controlled manner and move to the next event.

The physical control simulator will require approximately 55 pounds of force to raise the weights. **It is recommended that you use your body weight and lean into the handle when pushing. Then use your body weight and lean back when pulling the handle.**

If you do not keep the weight raised, you will have to complete the cycle again. If you do not complete the semi-circle (foot does not touch or go over the line), you will have to complete the cycle again.

### **How to Prepare**

You can prepare for the pushing motion by performing weight training exercise targeting your chest and torso. These exercises include:

- Push-ups,
- Barbell chest press, and
- Dumbbell chest press.

You can prepare for the pulling motion by performing weight training exercise targeting your back. These exercises include:

- Lat pull down and
- Rowing movements (e.g., seated row).

When preparing for this event, do not forget to practice the 180-degree motion. Use the half circle on a basketball court (the half-circle above the foul line/free throw line). Stand at one end of the circle, then move along the circle until you reach the other side.



## DRAGGING

You will approach the mannequin. Grab the straps attached to the mannequin with both hands and drag the mannequin. Continue dragging until you and all of the mannequin cross the line.

The mannequin **weighs 154 pounds**. The drag distance is 25 feet.

You must drag the mannequin using **both hands** and **walking backwards**.

If you do not use two hands, you will receive a warning. If you use one hand a second time, the test will be stopped and you will get a second trial. If you do not walk backwards, you will receive a warning. If you repeat this error, the test will be stopped and you will get a second trial.

Once the mannequin's feet cross the line, the job simulation is over and the timer stops.

### How to Prepare

- Drag heavy objects (around 154 pounds) using a strap or rope while walking in a backwards motion.
- Continue the drag for at least 25 feet.

## SECOND TRIAL

If you commit one of the errors listed above, you will have the opportunity for a second trial. You do not have to complete the second trial. However, if you do not wish to take the job simulation a second time, you will be disqualified.

If you commit any of the errors listed above on the second trial, the simulation will be stopped and you will be deemed "Not Qualified".



## **PAPD JOB SIMULATION PHYSICAL PERFORMANCE TEST LAP OVERVIEW**

It is helpful to review this information in combination with the layout diagram provided on page 2 of this document and with the video.

### **Lap 1 (Counterclockwise)**

- Begin at Start Cone
- Jump 18" Hurdle
- Run outside of 3 Corner Cones
- Run under the 4' Duck-Under bar

### **Lap 2 (Clockwise)**

- Make a U-Turn at Start Cone
- Go over 4" Barrier
- Run outside of 3 Corner Cones
- Jump 18" Hurdle

### **Lap 3 (Counterclockwise)**

- Make a U-Turn at Start Cone
- Go over steps to complete 7 up and down cycles
- Run outside of 3 Corner Cones
- Run under the 4' Duck-Under bar

### **Lap 4 (Clockwise)**

- Make a U-Turn at Start Cone
- Run under the 4' Duck-Under bar
- Run outside of the next Corner Cone to the Physical Simulator Device and complete 4 Push cycles and 4 Pull cycles
- Run outside of the next 2 Corner Cones
- Jump 18" Hurdle

### **Lap 5 (Counterclockwise)**

- Make a U-Turn at Start Cone
- Jump 18" Hurdle
- Run outside of next Corner Cone and through the middle set of cones to the Mannequin
- Grab the straps and drag the 154 Pound Mannequin over the finish line