

AUSTIN POLICE DEPARTMENT
POLICE OFFICER CANDIDATE AGILITY TEST

CANDIDATE'S NAME _____ TEST DATE _____

This is the minimum physical fitness requirement for all officers entering the police service with this department. All job-related exercises must be completed in the allotted time. NO SCORE IS GIVEN – ONLY A PASS OR FAIL.

	<u>TASK</u>	<u>TIME</u>	<u>RESULT</u>	
1.	Run ¼ mile. (1 lap around the high school track, or 2¾ laps on YMCA running track)	1:45 sec.	<input type="checkbox"/> PASS	<input type="checkbox"/> FAIL
2.	Climb 6 ft. chain link fence (starting with foot on cement foundation)	:20 sec.	<input type="checkbox"/> PASS	<input type="checkbox"/> FAIL
3.	Climb 12 flights of stairs while wearing a tactical vest	2:00 min.	<input type="checkbox"/> PASS	<input type="checkbox"/> FAIL
4.	Pull/move 175-pound body 30 feet over the floor surface.	:15 sec.	<input type="checkbox"/> PASS	<input type="checkbox"/> FAIL