

# RECRUITMENT



PHYSICAL AGILITY PACKAGE

**POLICE DEPARTMENT  
LAKEWOOD, COLORADO**

**PRE-EMPLOYMENT PHYSICAL AGILITY TEST BATTERY**

Part of your application processing will be a Physical Agility Test consisting of nine (9) components. Below is a list of all nine parts, not necessarily in order. This is a pass/fail test. Failure of any one section is an automatic disqualification.

The test requires an individual to complete several specified physical tasks in a given sequence within an allotted time frame (76 seconds). An orientation is conducted just prior to testing.

To simulate a police agent on duty, candidates will be provided with and be required to wear police equipment during the physical testing session. This includes a utility belt, hand cuffs, a gun in a holster (the gun will be real but inoperable) and a magazine pouch containing two magazines. All equipment will be provided to you by the Lakewood Police Department at the time of testing.

The Physical Agility Test is in the form of an obstacle course in which your recognition and observation abilities will be tested along with your physical fitness. The Physical Agility Test consists of nine (9) events:

1. Patrol Car- Wearing a police utility belt, the candidate will sit in the driver's seat of a squad car with the doors closed and the windows rolled down. The candidate is to await further instructions.
2. Physical Description- A test monitor will give the candidate verbal instruction to pursue a fleeing felony suspect by providing a description of what the suspect is wearing (for example, a baseball hat and t-shirt). The test monitor will provide two pieces of descriptive information. Finally, the test monitor will inform the candidate to "BEGIN." At this time, the candidate will begin the subsequent events.
3. Run- The candidate will get out of the car and begin the run which is a total of 130 yards. The stop watch will be engaged once the car door opens. It does not matter if the candidate closes the car door or not.
4. Fence Climb- At some point, the candidate will encounter and climb over a 6 foot high chain link fence. The candidate must climb over the fence. The candidate will not be allowed to go around the fence.
5. Duck Under- On the other side of the fence there will be a sawhorse under which the candidate must proceed.
6. Climb Through Window- After the candidate ducks under the sawhorse, the run continues to a 30 inch x 30 inch opening which is 50inches off the ground. The candidate must climb through this opening.

7. Stair Climb- After climbing through the window the candidate must climb the stairs to the second level.
8. Suspect Identification- After climbing the stairs, the candidate will encounter four numbered mannequins, each dressed differently. The candidate will identify the proper suspect by shouting out the correct number (one through four). The candidate will then proceed to another chair where a 150 pound (approximately) dummy is seated.
9. Suspect Move- Upon encountering the seated 150 pound dummy, the candidate will move the dummy from the chair to a designated line 5 feet away from the chair. Timing of the events will stop when the entire dummy passes over the line. The dummy must be completely over the line before timing ends.

### **Criteria for Passing the Exam**

1. Candidates must complete all events in **76 seconds** or under.
2. Candidates must complete all events in the specified amount of time in the required sequence or they fail the examination.
3. Candidates must correctly identify the suspect.
4. Upon completion of the test, candidates will be told their times and will be informed of their pass/fail status.

# Test Preparation

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

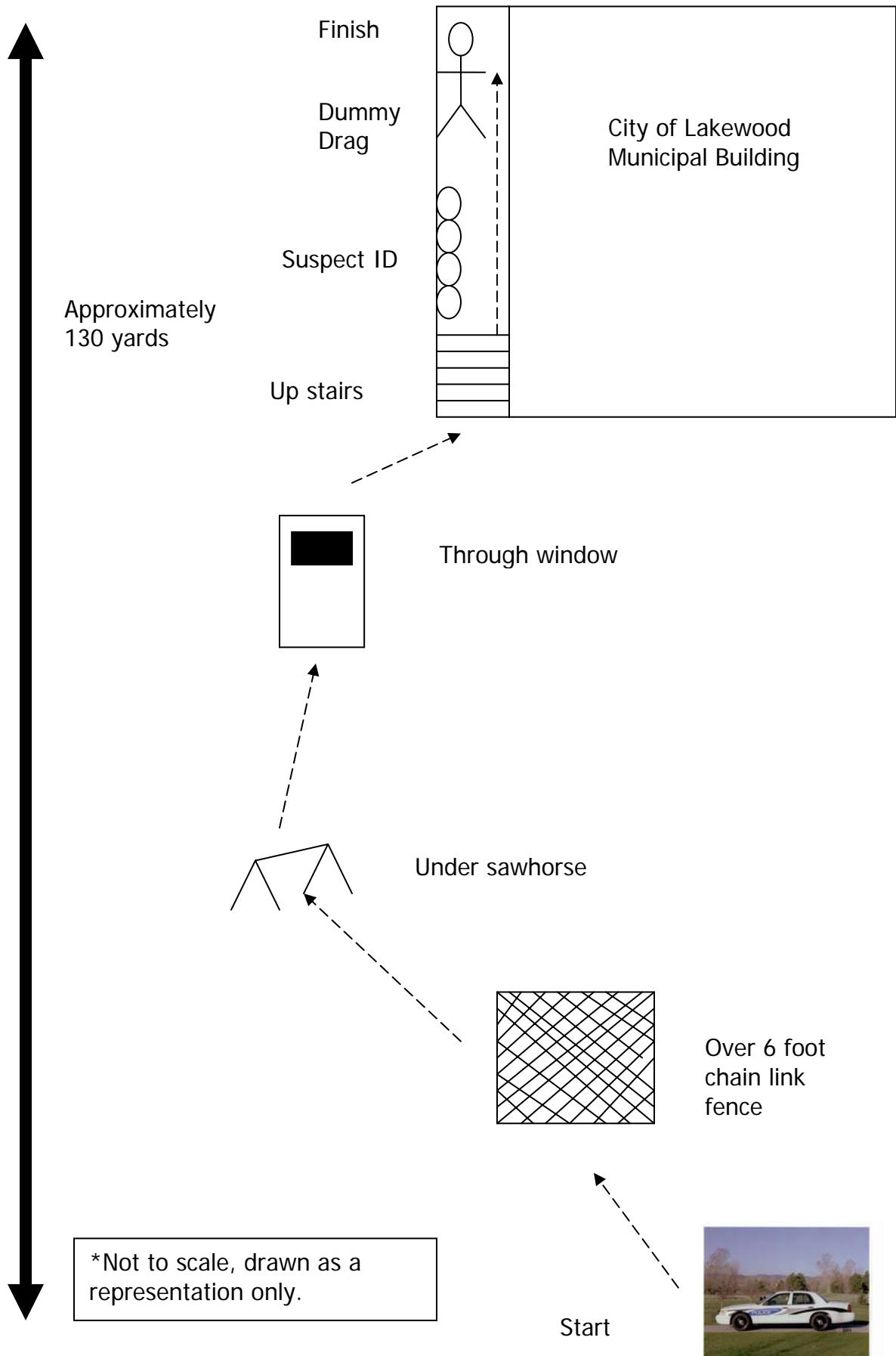
- Avoid junk food and concentrate on a well balanced diet for several days before the test.
- Avoid tranquilizers and stimulants such as caffeinated beverages, especially on the day of the test.
- Get a good night's sleep before the test.
- Do not drink a lot of liquids or eat a big meal before the test.
- Avoid alcohol several days prior to and especially on the day of the test.
- Be aware of the effects altitude plays on your body and make adjustments accordingly. Lakewood lies at an elevation of 5480 feet above sea level.

On the day of testing, all candidates are required to wear:

- Long pants with belt loops
- A belt
- Athletic footwear

PLEASE NOTE: YOU WILL NOT BE ALLOWED TO PARTICIPATE IN THE EXAMINATION IF YOU ARE NOT WEARING LONG PANTS WITH BELT LOOPS AND A BELT. Sweat pants are not allowed. A belt is required because a police utility belt needs to be attached to it during the testing. Shorts are not allowed for safety reasons.

# LPD Physical Agility Test



## CITY OF LAKEWOOD

### Release

THIS RELEASE is executed on this \_\_\_\_\_ day of \_\_\_\_\_, 200\_, by  
\_\_\_\_\_ who resides at \_\_\_\_\_  
\_\_\_\_\_, hereinafter referred to as "Releasor."

The Releasor signs this Release in favor of the City of Lakewood, a municipal corporation of the State of Colorado, 445 South Allison Parkway, Lakewood, Colorado 80226, hereinafter referred to as City.

THIS RELEASE is for the taking of the Lakewood Police Department Essential Functions Examination. In consideration of the City administering the Essential Functions Examination for the Releasor and other good and valuable consideration, the Releasor assumes full and complete responsibility for any hereby releases and holds harmless and waives any and all claims against the City of Lakewood, whether based on contract, negligence or otherwise which may arise as a result of the Releasor's participation in the testing. Releasor releases the City, its officers, employees, agents and assigns regarding any claims arising out of the above-described activity. The Releasor states that the Releasor is a voluntary participant in the Lakewood Police Department Essential Functions Examination and is in good physical condition.

RELEASOR:

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