

Shawnee County Sheriff's Office

Physical Agility Test

#1. Plank (1 minute 30 seconds)



1. Lie face down on mat or ground, with your elbows slightly wider than shoulder width apart, resting on the elbows and forearms.
2. Push off the floor, raising up onto toes and resting on the elbows.
3. Keep your back flat, in a straight line from head to heels.
4. Tilt your pelvis and contract your abdominals to prevent your rear end from sticking up in the air or sagging in the middle.
5. You must keep your head up off of your hands or forearms during the test.
6. You cannot stop once you have started unless you are done with your testing of the plank.

#2. Push-ups

(31 repetitions or more)



1. Prior to the test beginning the test, you will lie on the ground, face down, feet no wider than shoulder width apart, hands slightly wider than shoulder width apart with fingers pointed forward.
2. Your body will form a straight line from the ankles, through the knees, hips, back and shoulders to the head.
3. You will start the test in the up position with your arms at extension and feet no wider than shoulder with apart.
4. The test administrator will place his or her fist under your chest in the middle of your sternum to verify that the correct down position is obtained. A three inch object may be used if the test administrator cannot use their fist for measurement.
5. During the testing you cannot stop once you have started, unless you are finished with your test.
6. If you pause during the test you may only do so in the up position for no longer than five seconds.

#3. Vertical Jump Test (18 inches or higher)



1. You must perform the test starting with at least one foot stationary on the ground.
2. You will jump as high as possible touching the measuring device at the highest point possible.
3. The best of three tries will be recorded and each jump will be measured to the nearest $\frac{1}{2}$ inch.

#4. 300 Meter Run (62.2 seconds or less)

1. You will start the test behind the designated start line.
2. You will start at the direction of the administrator and run as fast as possible following the track/pavement until the designated finish line is reached.

#5. Trigger Pull (30 seconds or less)

1. You will successfully pull the trigger of a training handgun, Glock 22, 15 times with each hand.

#6. Weighted Dummy Drag (1 minute or less)

1. You will drag a weighted dummy between cones for a marked distance of 25 yards.