

University of Georgia Police Department

Physical Agility Exercise Guidelines

The test is a timed obstacle course. See the map below. The course is just a few feet larger than half of a basketball court and must be completed in 2 minutes, six seconds or less.

Running the Course:

- **The candidate starts the course at a point indicated on the course map,**
- **The candidate runs one and 3/4 laps around the perimeter of the course and enters the interior of the course at the point indicated on the course map,**
- **The first obstacle encountered in the interior consists of two low hurdles, one and a half feet high and four feet long, placed 13 feet apart,**
- **After clearing the hurdles, stairs (five steps up to a 32-inch-wide landing, 45 inches above the floor and five steps down) must be negotiated twice (note that each step has a 7.5-inch rise and tread that is 11 inches wide), candidate may skip steps going up but must touch each stair coming down.**
- **Once the stair event is completed, another low hurdle must be cleared; the candidate must then successfully negotiate a low crawl under an obstacle set at two and a half feet above the floor,**
- **Make a turn and clear a ditch simulation that is six feet in width,**
- **After another turn, a chain-link fence (four feet in height) must be climbed,**
- **Two additional turns made, and a four feet high window must be successfully entered,**
- **The candidate must then drag a 150-pound dead weight a distance of 20 feet,**
- **Finishing with one more running lap around the perimeter of the course.**

Penalties Assessed:

- **+2 seconds for knocked down hurdles or low crawl,**
- **+2 seconds for foot faults on "ditch simulation",**
- **3 physical attempts "through the window" and "over the fence" before evaluator can offer run around.**
- **If a candidate skips stairs going down, they will return to the stair landing and repeat.**

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