



Roanoke County Police Department

Physical Agility Test

Applicant: _____ Date: _____

Applicant Agility Test Description

1. The applicant will be given a physical description of a suspect. Time will begin when the monitor says "GO."
2. The test will begin with the applicant running a distance of 25 yards. The applicant will then jump 3 feet.
3. After jumping over the simulated ditch, the applicant will continue to run an additional 25 yards.
4. At the end of the 25 yards, the applicant will climb over a 5-foot wall.
5. After climbing over the wall, the applicant will run 10 yards and approach an obstacle. The applicant will then crawl under the obstacle.
6. The applicant will run 25 yards.
7. After running 25 yards, the applicant will approach a step. The applicant will climb the 8 inch step up and down twelve times. The applicant will climb the step in an up/up-down/down motion.
8. After completing this task, the applicant will run 15 yards. After running 15 yards, the applicant will climb through a window 36" w X 30"h X 3' above the ground.
9. After climbing through the window, the applicant will run 10 yards.
10. After running 10 yards, the applicant will come across multiple suspects. The applicant will identify the suspect that meets the physical description given prior to the beginning of the test.
11. The applicant will then run 15 yards. After the 15 yard run, the applicant will drag a 150-pound dummy for a distance of 5 yards.
12. The applicant will then run 20 yards and approach a 6 inch opening. The applicant will place the barrel of the weapon through the 6 inch opening. The applicant will cycle the weapon and pull the trigger of the weapon one time with their dominant hand. The applicant will then cycle the weapon and pull the trigger of the weapon one time with their non-dominant hand.
13. After completing the weapon exercise, the applicant will place the handgun on the table. This will stop the clock.

I have been informed by the Roanoke County Police Department that I must take, and successfully complete a physical agility test before I can qualify for hire as a Police Officer. I have been given a copy of the requirements of the physical agility test.

In full knowledge of the requirements of the physical agility test, I agree to take the test and I hereby waive any and all claims, costs, losses, actions, suits, or judgments against the Roanoke County Police Department and/or the County of Roanoke; and further, this waiver shall also be binding to my heirs, executors and administrators, successors and assigns, both jointly and severally.

This waiver is voluntarily given with the understanding that I am **NOT** covered by any Roanoke County Police Department or County of Roanoke insurance in case of injury while taking the physical agility test.