

VADOC PRE-EMPLOYMENT PHYSICAL AGILITY EVENTS

PUSH-UP TEST

Purpose

This test measures the muscular strength/endurance of the upper body muscles in the shoulders, chest, and back of the upper arms (the triceps) used in high intensity self defense and defensive tactics simulation training. This is important for use of force involving pushing motion breaking one's fall to the ground, use of the baton, etc.



The push-up is conducted with the participant starting in the down position. A rater lies facing the participant with a four-inch cube placed under the participant's chest. The count begins when the participant's arms are straight with no bends at the elbows, measured from the outside of the arm; upper arms are horizontal to the mat and finishes when the participant returns to a 90 degree angle at the elbows. (For example; up-down, counts as one push-up.) A correct push-up is performed when the participant's back is flat (NO arch or bow), the feet are together (one foot can be placed on the heel of the other or up to 1 foot apart), and the hands are shoulder width apart. Rest can only be done in the up position.

Females must successfully complete 2 Push-Ups.

Males must successfully complete 12 Push-Ups.

1-MINUTE SIT-UP TEST

Purpose

This test measures the muscular strength/endurance of the abdominal muscles, which are used in self-defense and high intensity arrest-simulation training. Further, these muscles are important for performing tasks that involve the use of force, and it helps maintain good posture and minimize lower back problems.

The sit-up is conducted with the participant lying on their back with knees bent to a 90-degree angle and the heels of their feet on the perimeter of a padded floor mat. A Spotter straddles the participant's feet holding the legs tightly. The participant will keep their arms crossed at all times during this test.



The Spotter will count every time the participant's elbows touch their knee. One full repetition starts with the participant in the up position. The participant then comes forward all the way to touch their knees with their elbow. Then back down to the mat. Rest can only be done in the up position.

Participants must successfully complete 12 Sit-Ups in one minute Pass/Fail.

51-METER Sprint

Purpose

This test measures anaerobic capacity used in high intensity baton and defensive tactics training and is important for performing short intense bursts of effort, such as foot pursuits, rescues and use of force situations.

Standard track or marked level course (51 meters = 56 yds. or 168 ft.).

Must complete sprint in 20 seconds.

ONE MILE RUN/WALK TEST

Purpose

This test is a measure of cardio-respiratory endurance (or aerobic capacity) used in extended control and defensive tactics training. This is important for performing tasks involving stamina and endurance (pursuits, searches, prolonged use of force situations, etc.) and for minimizing the risk of cardiovascular health problems.

Participant must successfully complete the run/walk in 12 minutes.

SCORING THE PHYSICAL AGILITY TEST

- All parts of the Physical Agility Test are Pass/Fail.
- You must successfully pass 4 parts; the inability to pass one or more parts prohibits further hiring consideration.
- You may be rescheduled, at the discretion of the department, for a retest and must pass all 4 events during the retest for hiring considerations.