

**Carrollton, Texas
Police Department**

Police Officer Physical Ability Examination

Candidate Study Guide



INTRODUCTION

This study guide is designed to describe the physical tasks you will be required to perform for the Carrollton Police Officer Physical Ability Examination. You will increase your chances of obtaining a passing score if you spend a fair amount of time preparing for the test. This includes thoroughly reviewing this study guide, following the specific directions regarding attire, paying proper attention to your physical well-being before the test and taking care to avoid becoming overly anxious about the test.

OVERVIEW OF THE TESTING PROCESS

An analysis of the physical requirements of the Carrollton Police Department Police Officer job was conducted and included sworn officers from the ranks/positions of Police Officer, Detective, Sergeant, Commander, Assistant Chief and Chief. This analysis involved reviewing existing job descriptions and pursuit reports, conducting interviews with incumbent personnel, having incumbent personnel complete a job analysis questionnaire, and conducting meetings with Subject Matter Experts (SMEs) comprising incumbent personnel from the department. The analysis provided the background information necessary to validate the job-related physical ability examination.

Among other physical tasks, police officers in the Carrollton, Texas Police Department must be able run quickly in pursuit of a suspect; dodge obstacles (e.g., people, cars, barriers) while pursuing a fleeing suspect on foot; climb over a fence while pursuing a subject; jump over obstacles while running; run up and jump down from stairs and platforms in an emergency situation; and drag a person a distance greater than 20 feet without assistance.

This examination is equally valid for assessing the physical skills of candidates with law enforcement experience and those without. For example, one portion of the test requires the candidate to climb over a 6 foot tall fence. It is not necessary to have prior experience as a law enforcement officer to possess the physical ability to climb a 6 foot tall fence.

Preparation instructions and a description of the physical ability test are provided below.

TEST PREPARATION

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

- Avoid junk food and maintain 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 large meal before the test.
- Avoid alcohol several days prior to and especially on the day of the test.

WHAT TO WEAR

Candidates should wear the following during the test:

- Tennis shoes (sport shoes or sneakers) are recommended.
- Candidates must wear a duty vest and weight belt simulating the weight of equipment officers must wear while on the job. These items will be provided by the Carrollton Police Department. Incumbents may wear their regular sam browne belt just as they would if they were on-duty.
- Long pants are strongly suggested (this is for safety reasons).
- Candidates should NOT wear watches, rings or other items which could harm them while taking the test. These items should be removed before testing for safety purposes.

Note: All vests and weight belts will be provided by CPD. Different sizes of vests and belts will be available in order to ensure the best fit for each candidate. A test monitor will help with the fitting prior to the testing process.

WHAT PARTICIPANTS SHOULD DO JUST PRIOR TO TAKING THE TEST

Just prior to taking the test, candidates should consider jogging lightly, performing some jumping jacks to get their blood flowing, and stretching to prepare themselves for the physical exertion in which they are about to engage. Additionally, if the ambient temperature will be 80 degrees Fahrenheit or higher, participants are advised to pre-hydrate prior to arriving at the test site.

DESCRIPTION OF THE TEST

The test will require a candidate to complete several physical tasks in sequence within an allotted time frame. All applicants will be given an orientation and walk through prior to taking the test. Candidates should be sure to proceed through the test safely. No one will be allowed to take the test unless he/she is fully aware of what he/she is expected to do. The physical ability examination includes the following events.

TEST EVENTS

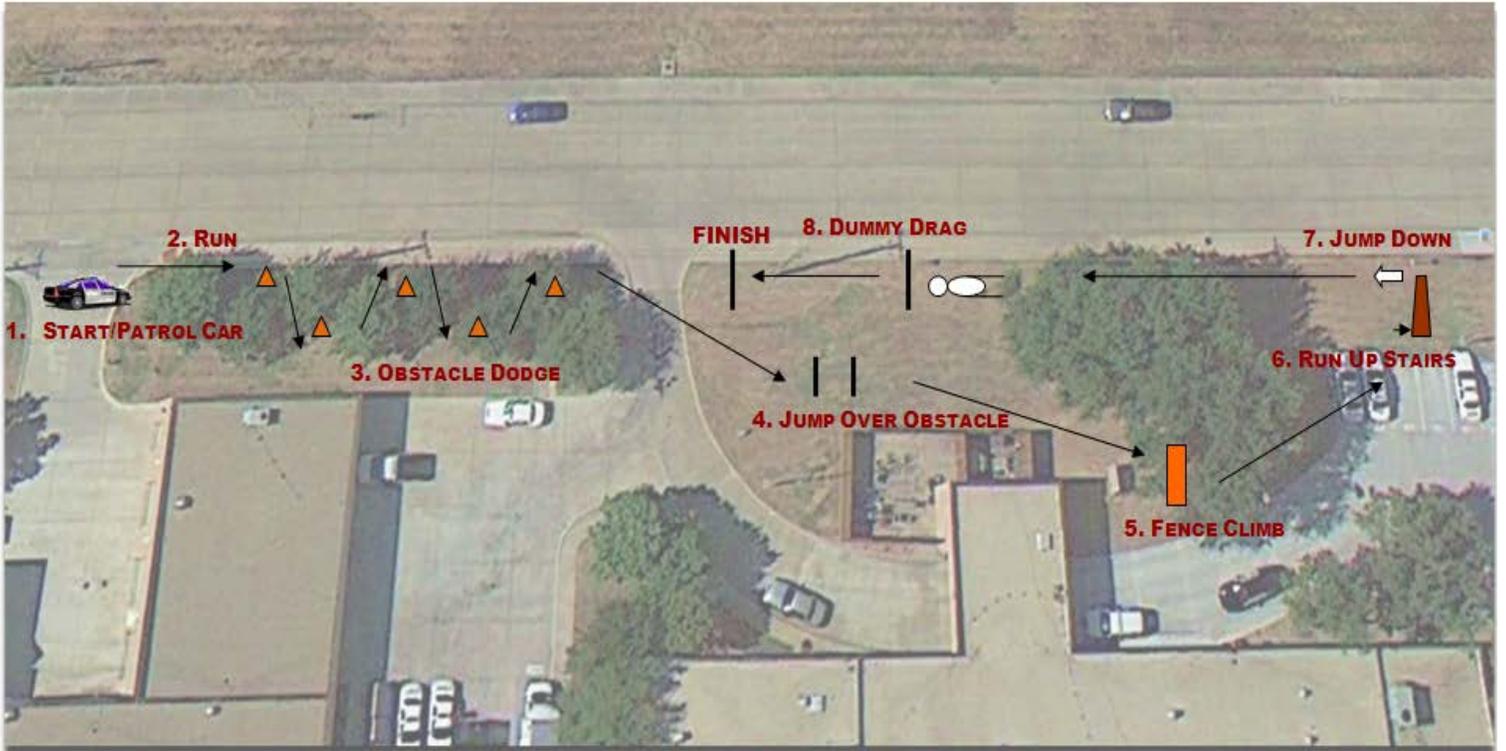
Pages 4 contains sample maps illustrating the entire test sequence at each course. Each event listed below corresponds to a particular point on the maps.

1. Seated in Car/Physical Description: The candidate will begin seated and belted in a patrol car. A test monitor will give the candidate verbal instructions to pursue a fleeing suspect (which is fictitious) by providing a description of what the suspect looks like (for example, a suspect wearing a red shirt and a cowboy hat). Finally, the test monitor will tell the candidate to "GO." The candidate must then unbuckle the seat belt and exit the patrol car and complete the following physical tasks. Timing begins when the candidate opens the door of the patrol car.
2. Run (244 yards) The candidate must run a distance of about 244 yards (the approximate length of the entire course), encountering obstacles along the way.
3. Obstacle Dodge: The candidate must maneuver, in a zig-zag manner, around obstacles (which are trees). Candidate must not touch the trees or use the trees to "swing" around to gain momentum.
4. Jump Over Obstacle: The candidate will then run to and jump over a simulated ditch (which is a marked area on the ground approximately 4 feet wide).
5. Fence Climb (about 6 feet tall): The candidate will run to the next obstacle, a 6-foot wooden fence, and climb over the top of it. Candidates' may use footholds (located approximately 10 inches and 40 inches from the bottom of the fence) if needed. If the candidate fails the first attempt and lands back on the ground, they must back up to the starting line for this component before the second and subsequent attempts.
6. Run Up Stairs: Candidate will then run up a short flight of 4 stairs, and stand with both feet at the top. Candidates' do not need to touch every stair.
7. Jump Down: The candidate will then jump down from a platform approximately 3 feet above the ground.
8. Dummy Drag (approximately 150 pounds): The candidate will run to the dummy representing an officer in need of assistance or a suspect (identifying the suspect on the way), and will drag the dummy completely past a line approximately 25 feet away. Timing of the test stops when the entire dummy passes over the line. The fastest time between the two stop watches is recorded.

CRITERIA FOR PASSING THE EXAM

1. Candidates must successfully complete all events in 1 minute and 50 seconds or less.

**Carrollton, TX Police Department
Police Officer Physical Ability Course Layout**



Note: Distances are not drawn to scale