

Police Physical Ability Test

The Jacksonville Sheriff's Office conducts a series of physical ability tests as part of the Police Officer entry requirements. The Jacksonville Sheriff's Office Police physical abilities test was developed in May of 1998, as a result of an extensive job task analysis and two surveys to determine the physical requirements of police work. The test was field tested in June 1998 to determine passing scores. The test is a continuous course composed of certain events relative to police work. It encompasses a total of 250 yards with the course set up outdoors. Once employed each officer is required to perform the physical ability test annually during In-Service Training. The following describes each event of the test and what is necessary to score in each stratum.

- The officer/applicant will *begin* the test seated in the front, driver's side seat of a standard Police vehicle with seat belt buckled.
- A test monitor will instruct the officer/applicant to begin and will start the stopwatch to record the time.
- The officer/applicant will unbuckle the seat buckle, open the vehicle door and exit the vehicle (the vehicle door does not need to be closed upon exiting).
- Once out of the vehicle, the officer/applicant will sprint along a designated route for 50 yards to a point where a dragging dummy, is laying on the ground.
- The officer/applicant will drag the dummy (165 lb.) for 15 yards and then sprint 25 yards to a staircase.
- The officer/applicant will ascend 8 stairs to a platform and back down 8 stairs to the ground (it is not necessary to step on each step and the handrails may be used).
- After descending the stairs the officer/applicant sprints 25 yards to a point where a 70-lb. weight lying on the ground is lifted to a 4-ft. (height) table.
- The officer/applicant sprints another 25 yards to a point where he/she jumps over a simulated 4 ft. ditch (a 5 second penalty is imposed if the ditch is not cleared.).
- The remainder of the course consists of sprinting 4 legs of 25 yards each in a slalom fashion around designated cones. The officer/applicant finishes at the point where the dummy had been dragged in the beginning of the course.
- Once crossing the finish line, the test monitor records the time and documents it on the appropriate form.
- To receive a score of "qualified", the officer/applicant must record a time between 57.28 and 90.65 seconds.
- To receive a score of "well qualified"; the officer/applicant must record a time of 57.27 seconds or less.
- A score of 90.66 or greater is a failing score and shall be annotated as "not qualified" on the form.