



Police Physical Abilities Test

The Jacksonville Sheriff's Office conducts a series of physical ability tests as part of the Police Officer entry requirements. 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. The following describes each evolution of the test and the minimum times necessary for successful completion.

Evolution 1

- The applicant will begin the test seated in the driver's seat of a standard police vehicle with seat belt buckled.
- A test monitor will instruct the applicant to begin and will start the stopwatch to record the time.
- The applicant will unbuckle the seat belt, 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 applicant will sprint along a designated route for 50 yards to a point where a weighted sled is laying on the ground.
- The applicant will drag the weighted sled (165lb.) for 15 yards and then sprint 25 yards to a staircase.
- The 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 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 applicant sprints another 25 yards to a point where they jump 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.
- Once crossing the finish line, the test monitor records the time and documents it on the appropriate form.
- A score of 90.66 or greater is a failing score

Evolution 2

- The applicant will be required to run 1 mile with a time of 12 minutes of less.