**PHYSICAL ABILITY COURSE WORKSHEET**

Place barrel of weapon through 6” opening

Pull trigger once – dominant hand

Pull trigger once – non-dominant hand

Officer is given a physical

description of a suspect. **Run 20 yds** Time begins when monitor says “GO”

**STOP**

**Drag Victim**

**START**

**5 yds**

 **150 lbs**

**Placing Handgun on Table** **Run**

**Run 15 yds** **Stops Clock** **25 yds**

**1 2 3 4**

PE02369_ pe01549_ pe01838_pe02002_ **Jump 3 ft**

**Identify Suspect**

**Run 10 yds** **Run 25**

**yds**

**Run 25 yds**

**Run 10 yds**

**Run 15 yds**



Climb 8” step up

Climb through window and down (12 times) Climb over

36” w X 30” h X 3’ motion must be Crawl under 5ft wall

Above the ground (up/up-down/down) obstacle

(2’ h X 10’ l)