**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**

   **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)