



ALVIN I.S.D. POLICE DEPARTMENT



POLICE APPLICANT TESTING INFORMATION

Written Testing:

As a condition of employment, police officer applicants are required to pass the National Police Officer Selection Test (POST) developed by Stanard & Associates, Inc. Failure to achieve an overall minimum score of 70% on the written test will constitute failure. The test is broken down into the following timed sections:

TESTING SECTION	NUMBER OF QUESTIONS & TIME LIMIT
MATHEMATICS	20 questions in 20 minutes
READING COMPREHENSION	25 questions in 25 minutes
GRAMMAR	20 questions in 15 minutes
WRITING SKILLS	10 questions in 15 minutes

Physical Agility Testing:

As a condition of employment for all sworn personnel, police officer applicants are required to pass a physical agility test based upon standards which have been determined to identify the general physical agility of police personnel. Failure to achieve the required level of performance in any event will constitute failure of the entire physical agility test. The physical agility test consists of four parts:

EVENT	REQUIRED LEVEL OF PERFORMANCE
Warm Ups	10 minutes
Weight Lift	Completion (Untimed)
Stair Climb	Maximum of 40 seconds
Obstacle Course, Street Chase and Body Drag	Maximum of 60 seconds

IMPORTANT INSTRUCTIONS:

The written test requires no prior knowledge of law or law enforcement work. Although the written test is based upon relatively basic, general high-school level knowledge, applicants are encouraged to prepare for the exam both mentally and physically. You may pick up POST test study guide from the Alvin ISD Police Department during business hours. Please insure that you get plenty of rest prior to the exam.

Prior to the day of the physical agility testing, applicants should insure that they maintain a regular physical agility routine including strength training and cardiovascular exercise, are well rested, well hydrated; having refrained from alcohol consumption which severely dehydrates the body, and have been eating a nutritious and well balanced diet. Water will be provided during the physical agility testing and you may bring sports drinks if you desire. Additionally, applicants should wear clothing and footwear appropriate for strenuous physical exercise. *Inappropriate attire and/or attire deemed to be offensive will not be permitted.* Plan to spend up to four (4) hours at this test. You are encouraged to physically prepare for this test prior to any attempt and you should consult with a personal physician prior to undertaking any rigorous physical training regimen.

The Written Test and Physical Agility Test may be held on the same day. **You must bring your signed Police Applicant Physical Agility Waiver of Liability and driver's license with you on the day of testing.**



ALVIN I.S.D. POLICE DEPARTMENT

POLICE APPLICANT PHYSICAL AGILITY WAIVER OF LIABILITY

1. I declare and represent that I received, read and understand the *Police Applicant Testing Information* and the *Police Applicant Physical Agility Waiver of Liability* form contained therein. I further declare and represent that I am now in good health, that I am familiar with and understand the nature of the *Police Applicant Physical Agility Test* being conducted by the Alvin Independent School District Police Department, that I am physically and medically fit for the participation in said test, that my personal attire is safe and fit for participation in said test, and that I voluntarily agree to participate in said test. With respect to all matters pertaining to my participation in said test, I personally assume any and all risks of injury, including death, damage, or loss which I may sustain as a result of participating in any activities associated with said test. I further agree and warrant that if, at any time, I believe the conditions to be unsafe, I will immediately discontinue further participation in the activity.

2. I hereby consent and agree to all of the following terms and conditions:

a. Acknowledgement of Risk

As a participant in the *Police Applicant Physical Agility Test*, I recognize and acknowledge that there are certain risks of physical injury. I agree to assume the full risk of any injury, including death, damage or loss which I may sustain as a result of participating in any and all activities connected with or associated with said test.

b. Waiver of Liability and Release of All Claims

I do hereby for myself, heirs, executors, and administrators, and other parties claiming under or through me, fully waive, relinquish, release, and forever quit-claim and discharge the Alvin Independent School District (ISD), the Alvin ISD Board of Trustees, the Alvin ISD Police Department and all of its elected officials, officers, agents, employees, servants, monitors, and examiners from any and all liability, claims, demands, actions, and causes of action, and causes of action whatsoever arising out of or related in any way to any loss, damage, or injury (including death) that may be sustained by me while participating in the *Police Applicant Physical Agility Test*, or upon the premises where said test is being conducted, whether said loss, damage, injury or death results from the negligence of the Alvin Independent School District, the Alvin ISD Board of Trustees, the Alvin ISD Police Department and its elected officials, officers, agents, employees, servants, monitors, or examiners, or is otherwise caused.

c. Indemnity and Defense

I do hereby agree, for myself, heirs, executors and administrators, and other parties claiming under or through me, to indemnify and hold harmless and defend the Alvin Independent School District (ISD), the Alvin ISD Board of Trustees, the Alvin ISD Police Department and its elected officials, officers, agents, employees, servants, monitors, and examiners from any and all claims, suits or demands, actions, or causes of action whatsoever arising out of or related in any way to loss damage, or injury (including death) that may be sustained by me while participating in the *Police Applicant Physical Agility Test*, or upon the premises where said test is being conducted

Signature of Applicant

Print Name Legibly

Date



ALVIN I.S.D. POLICE DEPARTMENT

INSTRUCTIONS TO APPLICANTS

Prior to the day of testing, applicants should insure that they maintain a regular physical agility routine including strength training and cardiovascular exercise, are well rested, well hydrated; having refrained from alcohol consumption which severely dehydrates the body, and have been eating a nutritious and well balanced diet. Water will be provided during the testing and you may bring sports drinks if you desire. Additionally, applicants should wear clothing and footwear appropriate for strenuous physical exercise. *Inappropriate attire and/or attire deemed to be offensive will not be permitted.*

Applicants are expected to arrive early for check-in, 15 minutes prior to the designated test time. Failure to arrive prior to the designated test time will result in the applicant's disqualification from the testing process. Applicants must bring their signed *Police Applicant Physical Agility Waiver of Liability* and driver's license for check-in purposes.

Applicants will be taking a physical agility test, so they need to make sure they don't wear clothing that is restrictive for movement. It may be helpful to check related weather reports for temperature conditions expected for the day of testing. Suggested attire may include: gym shoes, t-shirts, shorts, sweat shirts, sweat pants, etc...

Applicants will be given an orientation and walk through of each section of the physical agility test. No applicant will be allowed to take the test unless he/she fully understands what is expected. Applicants will be expected to follow all instructions given by personnel prior to, during, and at the conclusion of testing. Personnel will be available to answer questions prior to the administration of the test.

Each event has a minimum standard and is the same for each applicant regardless of age, race, or gender. Each physical assessment event attempts to measure whether or not the applicant is fit for duty for a position as a police officer. Failure to achieve the required level of performance in any event will constitute failure of the entire physical agility test. The police officer applicant physical agility test will be administered as follows:

Event I – Warm-Up – 10 Minutes

The applicant is permitted to choose whatever warm up method is best suited to prepare him/her for strenuous physical activity. The warm-up is where you will do one to several exercises in short duration to get muscles, joints, ligaments, and tendons warmed up prior to stretching them. Then warm up these areas by stretching different areas of the body. This is important as it is a gradual way of getting the body ready for more strenuous exercise and to reduce risk of injury. This will also help to improve flexibility, which should be a component to any workout. Active participation in this event is optional. Applicants who elect not to warm up prior to participating in the remaining events will not receive a failing assessment for Event 1.

- General warm-up - 2-3 minutes.
- Stretching - 5-7 minutes.

Example exercises

Warm-up

These are just examples of some warm-up and stretching exercises an applicant can use. It is important to make sure you stretch out all major muscle groups you will be exercising. Stretches should be held for 20-30 seconds each.

- Jogging in place (warm up the muscles)

Jog in place for at least 1 minute. Each foot must be lifted 4-6 inches off of the floor as you swing your upper body's arms naturally.

- Jumping Jacks / Side Straddle Hops (warm up the muscles)

Standing with feet together and arms at your sides, jump and spread your feet apart about shoulder's width apart, while simultaneously swinging your arms over head. Repeat this exercise 15-30 times.

➤ Seated Toe Touch / Seated Hamstring Stretch (lower back and legs)

Sit down with legs fully extended in front of you. Hold hands out and slide them down your legs until the applicant feels a stretch in his/her lower back and legs. This should be a comfortable stretch and not hurt. Hold at comfort levels that are reasonable. Repeat this stretch.

➤ Groin Stretch (Groin and thigh muscles)

While seated, pull the toes in with both feet so that knees bend and are pointed outward. Press the knees down with elbows. Hold this position at a comfortable level. Repeat this stretch.

➤ Standing Hamstring Stretch (lower back and legs)

While standing, bend over at the waist, while feet are together. Arms should drop toward the floor in an attempt to point toward toes, touch toes, or touch the floor. This will depend on current flexibility and what is comfortable. This stretch should be comfortable and not painful. Come back up slowly and repeat this stretch.

➤ Hand and Arm Rotation (Shoulder and arms)

While standing, extend arms straight out to sides. Rotate arms in a small circular motion. After several seconds, begin to make that circular motion bigger, increasing the range of motion. Then repeat this exercise rotating arms backward (small rotations into large rotations).

➤ Triceps' Stretch (arms)

Place one arm across the front of chest and grasp it around the elbow and attempt to pull it across the chest even further (to a comfortable level). Repeat exercise with opposite arm.

➤ Side Twister (trunk or torso)

Standing with feet shoulder width apart, extend arms out to your sides (at shoulder level). Turn palms down and begin to twist from side to side, while feet stay planted on the floor. Do this exercise to a comfortable level. Repeat exercise several times.

➤ Calf Stretch (calf muscles)

Step forward with one foot as while keeping the rear foot planted. Front leg should be bent at the knee slightly, while the rear foot remains planted on the floor. The calf muscles will stretch and this should be done at a comfortable level. Repeat this exercise.

Event II - Weight Lift – Untimed

The applicant will walk up to the rear of the vehicle and lift a full sized spare tire, carry the tire completely around the vehicle and place it back in the rear of the vehicle, not throw it. Applicants may not rest the tire on the ground or the vehicle or they will be disqualified. Each applicant will have three (3) attempts with a ten (10) minute rest period between attempts.

Event III - Stair Climb - 40 seconds

The applicant has 40 seconds to run the stairs from the bottom to the top, and then back to the bottom, ending at bottom of the stairs, for a total of 80 stairs. The use of hand rails is permitted. The applicant will be required to place at least one foot on each step, going up and coming down. Failure to touch each step will require the applicant to start this event over again until it is completed properly. **Exercise caution** when going up and down the steps as to not trip or fall. The applicant will start at the direction of the timer. Each applicant will have three (3) attempts with a fifteen (15) minute rest period between attempts.

Rest and Recover for 15 minutes

Event IV - Obstacle Course, Street Chase and Body Drag - 60 seconds

Each applicant will run the obstacle course, and street chase/body drag as one continuous event. This event will start with the applicant seated in a patrol vehicle with the door closed. The applicant will then be signaled to start.

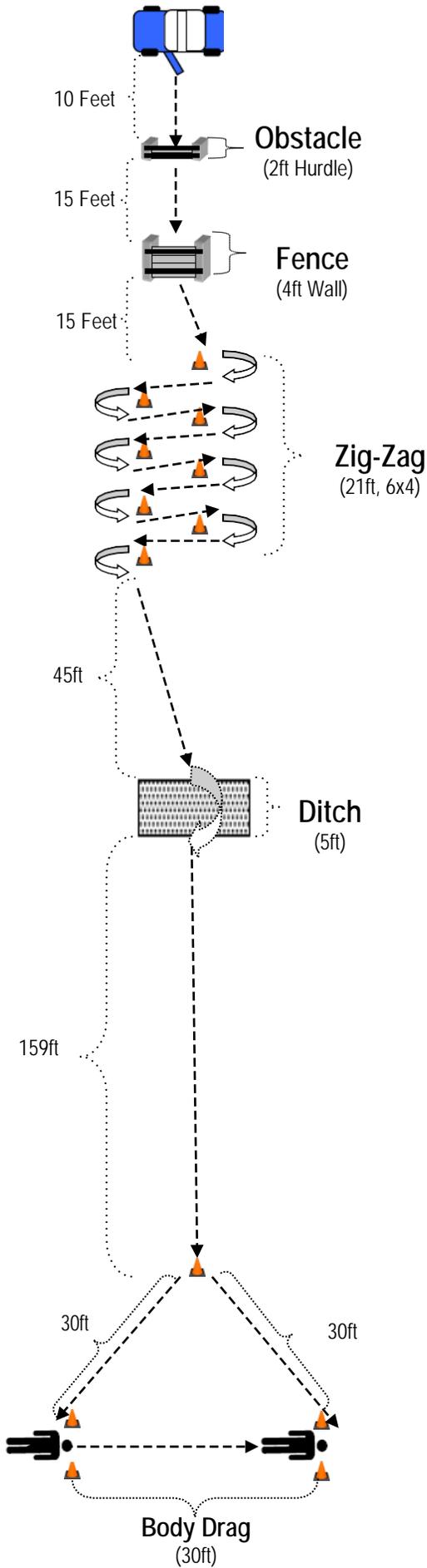
Street Chase and Body Drag

1. Patrol Car: The candidate will sit in the driver's seat of a patrol car with the doors closed and await further instructions. Timing begins when the candidate opens the car door.
2. Small Obstacle: The candidate will run to a small obstacle approximately 2-feet in height and jump it without touching the crossbar or upright bars.
3. Fence Climb: The candidate will run to the 4-foot wooden fence and climb or jump over it.
4. Zig-Zag: The candidate will proceed to a series of eight cones spaced equally apart and offset from each other, and will maneuver around them in a prescribed manner.
5. Ditch: The candidate will run to and jump over the simulated 5 feet ditch. The ditch must be cleared completely. If any part of either foot touches the boundary marker, the event is failed. If the applicant clears the five feet ditch, he/she will run the designated course to the dummy.
6. Body Drag: This portion of the test simulates the activity necessary to remove an unconscious person to a place of safety. Applicants will be required to move a life size "dummy" of approximately one-hundred seventy (170) pounds in weight. The candidate will run to the dummy, lift and or grab the dummy in any manner the applicant wants and drag the dummy a distance of thirty (30) feet. The top of the dummy's head needs to cross the thirty (30) foot cone before the candidate is finished.
7. Finish Line: The timing will be stopped when the top of the dummy's head crosses the thirty (30) foot cone.

Each applicant will have three (3) attempts with a fifteen (15) minute rest period between attempts.

Cool down/recover for 5 minutes - Applicants must complete the cool down/recover. Applicants who do not complete the cool down/recover will be considered to have failed the physical Agility assessment testing.

*Alvin ISD Police Department
Physical Agility
Course Layout*



**Not to Scale
Total 100yds*