



Police Officer in Training Physical Ability Test FAQs

About the Physical Ability Test

The Physical Ability Test consists of a timed series of 6 events. The first 5 events must be completed within 2 minutes and 35 seconds. The last event (handcuff simulation) requires you to participate for 30 seconds, while maintaining a proper posture (as explained below), in order to receive an overall passing grade. A failing grade will be assigned if you are unable to complete one or more of the following six events in the allotted time:

1. **Cone Maze:** While running through the cone maze, you may not knock over or move any of the cones from its original position. If you do, you will be asked to put the cone back to its original position. The additional time you use to do so will be counted toward your overall qualifying time.
2. **Fence Climb:** You will have 3 chances to climb over the 5-foot fence. If you fail to go over the fence after 3 attempts, the proctor will stop the test and give you a failing grade. While climbing the fence, you may not use the support on either side of the fence to assist you.
3. **Ditch Jump:** You will have 3 chances to jump over the simulated 4-foot ditch (rubber mats). Your foot must not come in contact with the ditch area at any time. If you fail to complete this event after 3 attempts, the proctor will stop the test and give you a failing grade.
4. **Stair Climb/Window Entry:** When climbing the stairs and going through the window, you must step on each stair on both the front and backside of the simulated window frame. You may use any part of the window frame to brace yourself in order to help facilitate your climb through the window frame.
5. **Dummy Drag:** In order to pass this event, you must successfully drag the dummy around the designated cone and drop it after it crosses over the black tape marker. Then you will run as quickly as you can to the handcuff simulator platform. Your timed run will end when you pass the finish line.
6. **Handcuffing Simulator:** This is the last event of the Physical Ability Test. You are allowed 3 attempts to complete. You must grasp each end of the bar and bend the bar until both ends touch. You must hold the bar in this position for 30 seconds. You may not interlock your finger, and your hands must not touch your chest at any time. If you let the ends of the bar separate, even slightly, your time will be restarted and you must begin the event again. **Remember: The time begins when the ends of the bar touch.**

Q: How should I prepare for the Physical Ability Test?

A: Applicants should begin physically preparing in advance of the test and should also be

training with the goal of eventually attending the Police Academy. Physical activities such as running, pushups, pull-ups, and sit-ups should be incorporated into your physical training. A good core fitness level is more likely to ensure success during the Physical Ability Test. In addition to this training, you should attend a physical ability practice seminar.

Check our **Workshops page**^{*} for future practice dates.

Basic fitness goals for the start of the academy are:

- Run 1.5 miles in about 14.36 minutes
- Complete 28 pushups without resting
- Complete 35 sit-ups in one minute

Q: When will I get the results of my Physical Ability Test?

A: You will know immediately after completing the test how well you performed on the Physical Ability Test.

What About Physical Training During the Academy?

The Academy has time dedicated to physical conditioning. At times, this training will be strenuous. Physical training begins the first week of the Academy. POST mandates that every trainee complete a minimum number of physical training sessions and pass a battery of physical abilities tests.

Failure to complete this minimum number of sessions will result in a trainee's removal from the Academy. Being physically fit prior to the start of the Academy will make this portion of the Academy less stressful. Additionally, it will reduce the likelihood of injuries which may occur as a result of unaccustomed strenuous exercise.

[Click this link to Expected Physical Fitness Performance Upon Academy Entry](#)[†] to learn what the standards are for a trainee entering the Academy. In order to perform at a minimally acceptable level in the area of physical fitness at the Academy, a trainee should perform in the yellow highlighted ranges.

^{*} <http://www2.oaklandnet.com/government/o/OPD/s/jobs/Information/Workshops/index.htm>

[†] <http://www2.oaklandnet.com/oakca1/groups/police/documents/webcontent/oak055406.pdf>