

## Physical Performance Requirements

### Obstacle Course (Timed)

1. Run: A test monitor will give the candidate verbal instructions to “GO” and the candidate will begin the run approximately 332 total feet.
2. Step and Slide to Left: At the conclusion of the run, the candidate will remain facing the wall directly in front of him/her, and then step and slide sideways (shuffle) to their left into the obstacle course, and continue stepping and sliding sideways to their left for a distance of about 30 feet. Candidates should not cross their legs as they shuffle to the left to prevent tripping themselves, and they should shuffle all the way until their foot touches the line about 30 feet away.
3. Diagonal Shuffle to Rear and Right: After stepping and sliding 30 feet to their left, and while still facing the wall directly in front of them, candidates will step and slide backwards (rear diagonal shuffle) to their right and behind them (at an approximately 35 degree angle) for approximately 33 feet. They will continue to face the wall while doing this. Candidates should not cross their legs as they shuffle backwards and to the right to prevent tripping themselves, and they should shuffle all the way until their foot touches the line about 33 feet away. Once their foot touches the line, they will turn around and face the opposite wall before performing the next component.
4. Step and Slide to Right: After completing the backwards diagonal shuffle, and after turning around so that the candidate is facing the wall opposite of the one they were facing in the previous two components, the candidate will step and slide sideways (shuffle) to their right for a distance of about 30 feet. Candidates should not cross their legs as they shuffle to the right to prevent tripping themselves, and they should shuffle all the way until their foot touches the line about 30 feet away.
5. Diagonal Shuffle to Rear and Left: After stepping and sliding 30 feet to their right, and while still facing the wall directly in front of them, candidates will step and slide backwards (front diagonal shuffle) to their left and behind them (at an approximately 35 degree angle) for approximately 33 feet. They will continue to face the wall while doing this. Candidates should not cross their legs as they shuffle backwards and to the left to prevent tripping themselves, and they should shuffle all the way until their foot touches the line about 33 feet away. Once their foot touches the line, they move on to the next component.
6. Crawl on Stomach: After the rear diagonal shuffle, candidates will get on their stomachs and crawl a distance of approximately 20 feet using their elbows and forearms only, and with their legs bent so that their feet are up in the air. Candidates will crawl with their elbows and forearms, and without the use of their legs (simulating legs that are not functioning), until they are able to touch the floor with their hand just beyond the end of the floor mat. After crawling for about 20 feet and touching the floor at the end of the mat, candidates will get up safely and proceed to the next event. Candidates should take care to get up safely, orient themselves and then proceed to the next component.

7. Bear Crawl: Candidates will get down on their hands and feet only with their hands behind the line, and then crawl a distance of approximately 20 feet using their hands and feet only. Candidates must re-attempt this component while the time is running if their knees, elbows, or other parts of their body touch the floor during the component. Candidates must bear crawl the distance of 20 feet all the way until both of their feet are across the line. After bear crawling for about 20 feet, candidates will get up safely and proceed to the next event. Candidates should take care to get up safely, orient themselves and then proceed to the next component.

8. Obstacle Dodge: The candidate will maneuver, in a zig-zag manner, around obstacles (which are traffic cones positioned on the ground).

9. Weight Drag (approximately 95 lbs): The candidate will drag a weight completely past a line 20 feet away. Timing of the test stops when the entire weight passes over the line.

#### Criteria For Passing The Obstacle Course

Candidates must successfully complete all components in 2 minutes and 22 seconds or less.

All Applicants will be able to view a demonstration of the obstacle course before testing.