

# Western Virginia Regional Jail

*Serving the Counties of Franklin, Montgomery, Roanoke and City of Salem*



## **INSTRUCTIONS FOR PHYSICAL AGILITY TEST**

**NOTE:** If the participant fails to complete a task, the test is terminated at that point. The participant is given two restarts, with a rest period between each start.

1. **Start:** Test starts when participants is seated in a vehicle's driver seat, with the seat belt on, driver's door locked, and hands on steering wheel. The participant is given a physical description of a suspect (four descriptors – any combination of type/color of shirt, jewelry, race/gender, hair and/or facial hair). The participant is given the command "GO" and the stopwatch is started. At that point, the participant will take 10 ammo rounds that are in the vehicle, and load them into the magazine clip. The clip is then placed in the utility belt's ammo pouch and the participant exits the vehicle.
2. Run 43 feet to next task. Participant must sprint.
3. **Hurdle:** Hurdle three foot high obstacle.
4. Run 32 feet to next task. Participant must sprint. If participant is unable to continue, the task is not completed.
5. **Ditch:** Jump 3 foot ditch without stepping or landing in the ditch. If participant steps into the ditch the task is not completed.
6. Run 32 feet to next task. Participant must sprint. If participant is unable to continue, the task is not completed.
7. Wood fence: Climb over a 5 foot high fence. If participant is unable to go over the fence, the task is not completed.
8. Run 32 feet to next task. Participant must sprint. If participant is unable to continue, the task is not completed.
9. Crawl: Crawl under an obstacle 24 inches high and 10 feet long. If participant is unable to crawl the complete distance or touches the obstacle on any side, the task is not completed.
10. Run 130 feet to next task. Participant must sprint. If participant is unable to continue, the task is not completed.
11. Chain Link Fence: Climb a 4 foot high chain link fence. If participant is unable to go over the fence, the task is not completed.

12. Run 116 feet to next task. Participant must manipulate a series of steps. If participant is unable to continue, the task is not completed.
13. Run 55 feet to next task. Participant must sprint. If participant is unable to continue, the task is not completed.
14. Climb Through a Window: Participant must climb through an opening (window frame), 26 inches wide by 30 inches high and located 3 feet off the ground. If participant is unable to pass through the opening, the task is not completed. Participants should refrain from diving through the opening.
15. Run 25 feet to next task. Participant must sprint. If participant is unable to continue, the task is not completed.
16. Identify suspect: Based upon description previously provided, participant must identify the proper suspect from four photographs posted at this location. Each photograph will be labeled with a letter ("A", "B", "C" & "D") and the participant must indicate the correct letter of the suspect. Only one photograph will match the description given to the participant. If suspect is incorrectly identified, the task is not completed.
17. Run 45 feet to next task. Participant must sprint. If participant is unable to continue, the task is not completed.
18. Body drag: The participant must move a dummy that weighs 150 pounds beyond a designated line 30 feet away. Participant must grab the straps on the dummy and pull the dummy. Dummy cannot be carried. If participant is unable to move the dummy beyond the designated line, the task is not complete.
19. Run 45 feet to next task. Participant must sprint. If participant is unable to continue, the task is not completed.
20. Gun drill: The participant must pick up an unloaded, semi-automatic, Glock weapon from the table using the dominant hand to pull the trigger. Participant will remove the clip from their ammo pouch and place it in the place it in the gun and rack in the first round. Participant will place the muzzle of the gun in the stationary 6 inch diameter hole at shoulder level and squeeze the trigger until the gun's firing pin is released. The participant will repeat the pulling of the trigger until total of (5) rounds have been fired by the dominant hand. The participant will then change hands and again pull the trigger of the weapon (5) times with the non-dominant hand. When ten rounds have been fired the gun must be placed back on the table. If the participant is unable to pull the trigger or if the muzzle touches the side of the hole, the task is not completed.

21. Time is stopped when the gun is placed back on the table.

22. IF THE PARTICIPANT'S TOTAL TIME IS IN EXCESS OF 3 MINUTES THE TASK IS NOT COMPLETED AND ONLY ONE RESTART WILL BE ALLOWED.