

Scenario #1: Chase and Apprehension

Start Position seated in chair

1. Run 160 ft.

Description: At instruction to begin (and start of stopwatch), participant will stand, run from chair to Cone 1 (40 ft.) going around cone, return to chair going around chair, and repeat.

Essential task(s) represented:

- Run after a fleeing suspect (max. 406 feet)

2. Run 120 feet while encountering obstacles

Description: After completion of Task #1, participant will run from chair to Cone 2 (60 ft.), go around the cone, and return to the chair. During the run from the chair to Cone 2, the following obstacles must be successfully completed:

- a. 4 foot broad jump: Completely clear tape marks placed on floor/ground. If any portion of the foot touches the tape or space between during the jump, the jump must be repeated until successful completion.
- b. 4 foot "fence" climb: Participant will climb or vault (with hands on top of obstacle) a simulated 4 foot fence (see materials list for details). Participant may not advance along course until successful completion.
- c. Crawl under obstacle (2 foot high): Participant will crawl under 2 foot high obstacle (see materials list for details). Participant may not advance along course until successful completion.

Essential task(s) represented:

- Run after a fleeing suspect (max. 406 feet)
- Jump across obstacles, e.g., ditch, hole, etc. (max. 4 feet)
- Climb or pull oneself over obstacle, e.g., wall, fence, etc. (max. 5 feet)
- Jump down from elevated surface (max. 5 feet)
- Jump over obstacles while running
- Jump over obstacles, e.g., road barrier, hedge, etc. (max. 3 feet)
- Crawl under an obstruction

3. "Roll Drill," 3 repetitions (a-d equals 1 repetition)

Description: After completion of Task #2, the participant will perform 3 repetitions of the following 4 steps:

- a. Start on top of 100 lb. heavy bag with left knee on mat/facing away from chair (see materials list for details)
- b. Roll to right until bag is over body and back is on mat
- c. Continue to roll in the same direction until back on top of heavy bag and right knee touches mat
- d. Perform complete turn to left until left knee touches mat (back at start position)

4. 20 push-ups

Description: After completion of Task #3, participant will perform 20 strict push-ups. The push-ups are not required to be continuous and the participant may rest in any position during the course of the 20 push-ups. A "strict" push-up will be defined as maintaining a prone position from shoulders to ankles throughout the motion, chin touching a 4 inch high box during each downward motion, and elbows completely extended at end of each repetition.

5. "Roll Drill," 3 repetitions (a-d equals 1 repetition)

Description: After completion of Task #4, the participant will perform 3 repetitions of the following 4 steps:

- a. Start on top of 100 lb. heavy bag with left knee on mat (facing away from chair)
- b. Roll to right until bag is over body and back is on mat
- c. Continue to roll in the same direction until back on top of heavy bag and right knee touches mat
- d. Perform complete turn to left until left knee touches mat

Essential task(s) represented for Tasks 3-5:

- Hold a person by oneself to prevent or control his/her movements (max. 3 minutes, 200 pounds, 72 inches)
- Physically struggle with person by oneself (max. 3 minutes, 200 pounds, 72 inches)
- Subdue person resisting arrest
- Grip person tightly to prevent escape/control movement
- Defend oneself from position on ground

6. Run 120 feet while encountering obstacles

Description: After completion of Task #5, participant will run from the mat to Cone 2, go around the cone, and return to the chair. During the run from the mat to Cone 2, the following obstacles must be successfully completed:

- a. 4 foot broad jump: Completely clear tape marks placed on floor/ground. If any portion of the foot touches the tape or space between during the jump, the jump must be repeated until successful completion.
- b. 4 foot "fence" climb: Participant will climb or vault (with hands on top of obstacle) a simulated 4 foot fence (see materials list for details). Participant may not advance along course until successful completion.
- c. Crawl under obstacle (2 foot high): Participant will crawl under 2 foot high obstacle (see materials list for details). Participant may not advance along course until successful completion.

Essential task(s) represented:

- Run after a fleeing suspect (max. 406 feet)
- Jump across obstacles, e.g., ditch, hole, etc. (max. 4 feet)
- Climb or pull oneself over obstacle, e.g., wall, fence, etc. (max. 5 feet)
- Jump down from elevated surface (max. 5 feet)
- Jump over obstacles while running
- Jump over obstacles, e.g., road barrier, hedge, etc. (max. 3 feet)
- Crawl under an obstruction

7. 30 steps (up and down) on step box

Description: After completion of Step #6, the participant will complete 30 steps (up and down) on an 8 inch high box or aerobic step bench. A repetition will count as any portion of the bottom of each foot touching the top of the box followed by any portion of the bottom of each foot touching the floor/ground.

Essential task(s) represented:

- Run up and down stairs (max. 3 floors)

8. "Roll Drill," 3 repetitions (a-d equals 1 repetition)

Description: After completion of Task #7, the participant will perform 3 repetitions of the following 4 steps:

- a. Start on top of 100 lb. heavy bag with left knee on mat (facing away from chair)
- b. Roll to right until bag is over body and back is on mat

- c. Continue to roll in the same direction until back on top of heavy bag and right knee touches mat
- d. Perform complete turn to left until left knee touches mat

9. 20 push-ups

Description: After completion of Task #8, participant will perform 20 strict push-ups. The push-ups are not required to be continuous and the participant may rest in any position during the course of the 20 push-ups. A "strict" push-up will be defined as maintaining a prone position from shoulders to ankles throughout the motion, chin touching a 4 inch high box during each repetition.

10. "Roll Drill," 3 repetitions (a-d equals 1 repetition)

Description: After completion of Task #9, the participant will perform 3 repetitions of the following 4 steps:

- a. Start on top of 100 lb. heavy bag with left knee on mat (facing away from chair)
- b. Roll to right until bag is over body and back is on mat
- c. Continue to roll in the same direction until back on top of heavy bag and right knee touches mat
- d. Perform complete turn to left until left knee touches mat

Essential task(s) represented for tasks 8-10:

- Hold a person by oneself to prevent or control his/her movements (max. 3 minutes, 200 pounds, 72 inches)
- Physically struggle with person by oneself (max. 3 minutes, 200 pounds, 72 inches)
- Subdue person resisting arrest
- Grip person tightly to prevent escape/control movement
- Defend oneself from position on ground

Scenario #2: Rescue

A minimum 10 minute recovery period will be required between the end of Scenario #1 and the start of Scenario #2. The entire test (Scenarios 1 and 2) must be successfully completed in the same day.

1. Run 200 ft.

Description: At instruction to begin (and start of stopwatch), participant will run from Cone 1 to Cone 2 (50 ft.) going around cone, return to Cone 1 going around cone, and repeat.

Essential task(s) represented:

- Run after a fleeing suspect or toward a victim (max. 406 feet)

2. 30 steps (up and down) on step box

Description: After completion of Task #1, the participant will complete 30 steps (up and down) on a 6-8 inch high box or aerobic step bench. A repetition will count as any portion of the bottom of each foot touching the top of the box followed by any portion of the bottom of each foot touching the floor/ground.

Essential task(s) represented:

- Run up and down stairs (max. 3 floors)

3. Run 200 ft.

Description: After completion of Task #2, participant will run from Cone 1 to Cone 2 (50 ft.) going around cone, return to Cone 1 going around cone, and repeat.

Essential task(s) represented:

- Run after a fleeing suspect or toward a victim (max. 406 feet)

4. Drag 175 lb. dummy 50 ft.

Description: After completion of Task #3, the participant will drag a 175 lb. dummy from Cone 3 to Cone 4 (25 ft.) and back to Cone 3 (entire dummy past line adjacent to cone each way).

Essential task(s) represented:

- Pull/drag person/animal
- Drag by yourself an immobile adult
- Lift while in a stationary position a heavy object or person