

Waco, Texas Police Department

Law Enforcement Officer Physical Ability Test

Participant Preparation and Study Guide

INTRODUCTION

This study guide is designed to describe the physical tasks you will perform when participating in the Waco, Texas Police Department Physical Ability Test. It also provides suggestions for preparing yourself to complete the physical tasks during the test. You will increase your chances of obtaining a passing score if you spend a fair amount of time preparing for the test. This includes thoroughly reviewing this preparation and study guide, following the specific directions regarding attire, paying proper attention to your physical well-being before the test, and taking care to avoid becoming overly anxious about the test.

OVERVIEW OF THE TESTING PROCESS

An analysis of the physical requirements of law enforcement officers in the Waco, Texas Police Department was conducted. This analysis involved collecting job-related examples of physically demanding activities from 16 incumbent officers, having a sampling of 57 incumbent personnel complete a job analysis questionnaire, and conducting a meeting with a sampling of 9 Subject Matter Experts (SMEs) to discuss results of the first two data collection efforts. The analysis provided the background information necessary to validate the job-related physical ability test.

Among other physical tasks, law enforcement officers must be able to run in pursuit of a suspect or in response to an emergency situation, navigate changes in terrain, duck under obstacles, jump or navigate over obstacles, run up and down stairs and move a suspect or officer. These are the types of physical tasks that are included in the physical ability test.

Preparation suggestions and a description of the physical ability test are provided below. A table of contents is provided on the next page.

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GENERAL TEST PREPARATION

The following guidelines, which an officer also follows when planning for an on-duty shift, will help you physically prepare for the test:

- Avoid junk food and maintain a well-balanced diet for several days before the test.
- Avoid tranquilizers and stimulants such as caffeinated beverages, especially on the day of the test.
- Get a good night's sleep before the test.
- Do not eat a large meal before the test.
- Avoid alcohol prior to and especially on the day of the test.
- Incumbent law enforcement officers should, at all times, ensure that they are physically capable of performing the duties of a law enforcement officer to ensure their safety, and the safety of the public and their fellow officers. The job of a law enforcement officer can require a vigorous combination of strength, power, functional movement, anaerobic power, and aerobic endurance. It also requires participants to recover quickly from one task while moving quickly to another. Regular fitness training should include warm ups, resistance training to build strength, and cardiovascular exercise.
- For exercise planning purposes, the components of the physical ability test and the associated physiological demands for each component are provided in the table below.

Components of the Test	Physiological Demand
Run	Aerobic and Anaerobic Endurance
Fence Climb	Full Body Strength
Run Up and Down Stairs	Lower Body Strength/Aerobic and Anaerobic Endurance
Duck Under Obstacles	Aerobic and Anaerobic Endurance
Jump Over Obstacle	Lower Body Strength/Aerobic and Anaerobic Endurance
Suspect/Officer Move	Full Body Strength

WHAT TO WEAR DURING THE TEST

During the test, participants should:

- Wear comfortable clothing to facilitate the performance of physical tasks (e.g., physical fitness clothing), pants to protect the legs and knees and gym/sport shoes;
- NOT wear watches, rings or other items which could harm them while taking the test. These items should be removed for safety purposes before testing.

Note: Job-related equipment, such as a bullet-proof vest, training gun, duty belt, etc. IS NOT required.

WHAT CANDIDATES SHOULD DO JUST PRIOR TO TAKING THE TEST

Just prior to taking the test, participants should consider jogging lightly, performing some jumping jacks to warm up, and stretching to prepare themselves for the physical exertion in which they are about to engage. Additionally, if the ambient temperature will be 80 degrees Fahrenheit or higher, participants are advised to pre-hydrate prior to arriving at the test site.

TEST SITE

The test is administered at the Waco, Texas Police Department's shooting range located on Monkey Run Road in Waco, Texas (at the corner of Monkey Run Road and Steinbeck Bend Drive).

DESCRIPTION OF THE TEST

Page 6 contains a map illustrating the entire test sequence. Each event listed below corresponds to a particular point on the map.

1. Exit patrol car: The candidate will begin seated in a patrol car. The seat belt does not need to be fastened. The test monitor will tell the candidate to "GO." The candidate must then exit the patrol car and complete the following physical tasks. Timing begins when the car door cracks open.
2. Run: The candidate must run a distance of about 300 yards (the approximate length of the entire course), encountering obstacles along the way.
3. Fence climb: Candidates will run to the first obstacle, a 6-foot chain link fence, and climb over it. Candidates may take as many attempts as necessary to complete this component, but must successfully navigate over the top of the fence in order to continue with the sequence.
4. Stair climb: Candidates will proceed to the stair climb component, running up one side and down the other. There are 6 steps on the ascent and descent, with a platform in the middle.

5. Terrain change: After running around a barrel and changing directions, candidates will encounter a change in the terrain; this is a naturally occurring “dip” in the land that candidates must navigate on the way to the next obstacle.
6. Navigate under low-lying obstacle: Candidates will run to the next obstacle, two standard 6-foot, fold-up office tables positioned in sequence (not length-wise). There is approximately 30” of clearance underneath which candidates must navigate through.
7. Jump over low-lying obstacle #1: The candidate must jump over a low-lying obstacle, a plastic PVC pipe resting on two small traffic cones, approximately 12” high. Should a candidate knock the plastic pipe out of position, the candidate should re-attempt the test component (while the stopwatches continue to run).
8. Jump over low-lying obstacle #2: The candidate must jump over a low-lying obstacle, a plastic pipe resting on two small traffic cones, approximately 12” high. Should a candidate knock the plastic pipe out of position, the candidate should re-attempt the test component (while the stopwatches continue to run).
9. Victim rescue / suspect move (approximately 150 pounds): After changing directions once more, and running around a barrel, the candidate will run to a dummy representing an officer in need of assistance or a suspect, and will drag the dummy completely past a line approximately 15 feet away. Timing of the test stops when the entire dummy passes over the line.

CRITERIA FOR PASSING THE EXAM

1. Participants must successfully complete each of the test components and the entire timed sequence of events in **2 minutes and 30 seconds** or less (150 seconds). If a participant does not successfully complete any component of the physical ability test (for example, the participant does not successfully drag the dummy all the way past the line), the participant fails the examination.

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