Abilities Course Suggestions

- You must have a signed medical release, turned-in with your packet, or you will not be able to participate in the Agility Course
- Wear comfortable running shoes/sneakers; Do not wear new shoes
- Eat a light breakfast
- Bring your own towel and water/ sports drink with you
- Leave all personal items in your vehicle
- **DO NOT WEAR ANY TYPE OF JEWELRY:** watches, rings, necklace, or bracelet, etc. Please, as a safety precaution, if you wear a wedding band/ring you absolutely cannot get off please wrap it with some type of tape and notify a staff member

**Physical Abilities Course** - Applicants **must successfully complete** the Physical Agility Course in **NO MORE than three attempts on each component of the course.**

The course includes the following components:

- Manipulate a seat belt and exit a vehicle
- Climb up/down a 6-step staircase
- Climb over a 6-foot fence
- Climb up/down a 2nd set of a 6-step staircase
- Serpentine through staggered cones
- Low crawl
- Climb over two 4 ft chain link fences
- Properly dry fire a firearm with minimal barrel movement …the firearm must not touch the shooting rings
- **Bend and stand** while negotiation obstacles (commonly known as “over & under”)
- Climb through a window/ go through a door (a staff member will advice the order of sequence for each candidate)
- Drag a simulated person (150 lb sled) 50 feet
- Run approximately 440 yards
Abilities Course Suggestions

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