



COBB COUNTY POLICE DEPARTMENT  
ENTRY-LEVEL PHYSICAL ABILITY TEST

<u><b>Introduction</b></u>	<p><b><i>“This is a physically demanding test. At any time during the test, notify the testing staff if you feel any chest pain, dizziness, or if you are injured. At that point, I will stop the test, but only if you request it.</i></b></p> <p><b><i>You will be allowed only one opportunity to complete the test today. If you fail the test, please talk to the Lead Proctor about possible future opportunities to take the test again.</i></b></p> <p><b><i>“While performing the test, you will be required to wear a 15 lbs. weighted vest. It is your responsibility to inform me if your vest is not securely fastened. You must wear this vest throughout the test.</i></b></p> <p><b><i>You are required to complete the course as instructed. The inability to complete the test in the proper order will result in the failure of the test.</i></b></p> <p><b><i>“This is a timed course. Once you begin the course, time does not stop from event to event. The timer will continue to run until you complete the last event, so you should not stop or take breaks between events. Your performance on the test will be determined by the total time that it takes you to complete the course.</i></b></p> <p><b><i>“Before we begin administering the test, the testing staff will walk with you through the course so that you can familiarize yourself with the course and with each of the events. As we go through the test, the testing staff will give you verbal instructions for each of the events. Please follow all of these instructions while you are taking the test.</i></b></p> <p><b><i>“You will go through the course in forward direction, followed by a reverse direction. You will perform all but two of the events twice. The only events that you will perform once will be the Fence Climb and the Reaction Test. The test proctor will explain this in more detail as we go through the course.</i></b></p> <p><b><i>“Does anyone have any questions about the course before we begin?”</i></b></p>
<u><b>Get Out of Vehicle</b></u>	<p><b><i>You will start the test seated in the driver’s seat of a patrol car. The door will be closed and your hands will be on the steering wheel. You will begin the test by opening the driver’s side door, exiting the vehicle, and proceeding to the Serpentine Run.</i></b></p>
<u><b>Serpentine Run</b></u>	<p><b><i>You will run in a serpentine or zigzag pattern through the marked set of cones. You must pass on the outside of each cone. In other words, you must round on the right side of each cone on the right side of the serpentine course, and round on the left side of each cone on the left side of the serpentine course. Once you complete the Serpentine course, you will run on the right side of the cones leading to the Embankment Climb.</i></b></p>
<u><b>Embankment Climb</b></u>	<p><b><i>You will pick up one of the beanbags placed on the ground in front of the simulated embankment and carry it up the front of the embankment and down the other side of the embankment. It is important to recognize that the sides of this simulated embankment are very steep. If you run down at full speed, you are likely to trip and fall. You will want to move quickly across the embankment, but you will not want to run at full speed. Once on the other side of the embankment, you will place the beanbag in the bucket. You will then pick up one of the beanbags on the ground and come back across the embankment and place it in the bucket. You will then pick up</i></b></p>



**COBB COUNTY POLICE DEPARTMENT  
ENTRY-LEVEL PHYSICAL ABILITY TEST**

	<i>another beanbag and start across the embankment again. In total, you will cross the embankment six times, each time carrying a beanbag which you will place in the bucket on the opposite side of the embankment. After crossing the embankment six times and placing all of the beanbags in the buckets, proceed to the Dummy Drag.</i>
<b><u>Dummy Drag</u></b>	<i>You will pick up and drag the 129 lb. dummy 20 feet across the line between the two cones. You may pick up and drag the dummy in any manner that you choose. It is recommended that you lift the dummy with two hands using the handle grips located on the dummy's shoulder area. Testing Staff will signal when you have dragged the dummy completely past the finish line by calling "Clear." You will then proceed to the Lift and Carry.</i>
<b><u>Lift &amp; Carry (Crate)</u></b>	<i>You will lift and carry the crate, which weighs 50 pounds. It is recommended that you lift the crate with two hands using proper lifting techniques. After picking up the crate, you will carry it 20 feet and place it on the designated pad on the ground. Do not drop the crate, as it is heavy and dropping it would be a safety hazard. You will then proceed to the Wooden Barrier.</i>
<b><u>Wooden Barrier</u></b>	<i>You will climb over the Wooden Barrier. You must keep at least one hand on the barrier at all times while climbing over it. You may not jump or hurdle the barrier. You will then proceed to the Duck and Crawl Tunnel.</i>
<b><u>Duck &amp; Crawl Tunnel</u></b>	<i>You will crawl on your hands and knees through the tunnel. After exiting the tunnel, you will proceed to the Orange Water Barrier.</i>
<b><u>Orange Water Barrier</u></b>	<i>You will climb over the Orange Water Barrier. You must keep at least one hand on the barrier at all times while climbing over it. You may not jump or hurdle the barrier. You will then proceed to the Fence Climb.</i>
<b><u>Fence Climb</u></b>	<i>You will climb over the chain-link fence. You may either use the step to reach the top of the fence or scale the fence from the ground. After landing on your feet on the other side of the fence, you will proceed to your left and go through the gate. You will then go back through the course in the reverse order, starting with the Orange Water Barrier.</i>
<b><u>Repeat Course</u></b>	<i>When going through the course in reverse order, you must follow the same directions that the testing staff previously provided for each event. You will go over the Orange Water Barrier, through the tunnel, go over the Wooden Barrier, pick up the 50-pound crate and carry it back to its starting position, drag the dummy back to its starting position, go through the Embankment Climb again, and run through the Serpentine course in the reverse direction. After you go around the final cone on the Serpentine course, proceed to the Reaction Test.</i>
<b><u>Reaction Test</u></b>	<i>You will pick up the baton and touch the series of markers numbered 1-15. You must touch the numbered markers in numerical order and say each number aloud. You may hold the baton in whichever hand is most comfortable. If you skip a number or fail to say it out loud, you will be required start over at number 1.</i>  <i>After touching the number 15, drop the baton on the ground and sprint to the finish line which is designated by two white cones at the rear of the patrol car. The entire test will be complete once you pass through the white cones.</i>
<b><u>Conclusion</u></b>	<i>Are there any final questions about the course or any of the events on the course? Good luck.</i>