

Suffolk Police Department

Entry Level – Police Officer I Physical Ability Test

Orientation Handout

Overview: This portion of the selection process for Entry Level involves 3 events:

1. Obstacle Course – to simulate a variety of obstacles that may be encountered on the job.
2. Sled Push – to simulate pushing obstacles, controlling others, and taking control of a suspect.
3. Dummy Drag – to simulate an emergency situation where an officer is injured and needs to be moved.

This test is based on a job analysis and pilot testing with incumbents.

What to Wear:

There are no restrictions on attire. It is recommended that you wear weather-appropriate athletic clothing. You should bring your own drinking water.

At the Test:

You will be provided an orientation to the course and a walk through. This is the time to ask questions if you are not clear in what you are to do. You will have a brief opportunity before testing to familiarize yourself with the events. For example, you can climb over the fences, push the sled, and/or get a feel for the dummy.

Each event is timed and requires listening to and following instructions. Failure to follow instructions could require that you restart an event while the timer is still going.

You must pass each event before moving to the next event. Passing in each event is determined by the timing and following instructions.

If you fail an event you will be allowed one retest opportunity. Retesting will involve a full cycle of all 3 events. You have two options for retesting. You may retest at a later specified time the same day as the initial testing or retest during a subsequent testing date. If you fail the retest, you are eligible to reapply during any subsequent vacancy announcement.

Event Description:

| Event | Description | Passing Score |
|----------------------------|---|--------------------------|
| Event #1 – Obstacle Course | You will cross a beam, step over 12 small hurdles, clear 3 fences (the tallest is 5 feet), encounter a stepper (to simulate climbing stairs), sprint a total of 100 yards, jump 2 ditches (largest is 4 feet), and go through a short tunnel. Complete this event as fast as you can. If you go off-course or fail to follow instructions you may be required to start over with the timer still running. Additional penalty time will be added to your course time if you step off the beam, knock over or miss hurdles, or step in a ditch. Each of these errors results in a 1-second penalty. | 2 minutes and 30 seconds |
| Event #2 – Sled Push | You will place your hands on the “shoulders” of the sled and push it a total of 10 feet. You must keep your hands on the dummy. You cannot let go, back up and “hit” the dummy. | 20 seconds |
| Event #3 – Dummy Drag | You will grab the 165 lb dummy by its underarms and/or belt/strap and drag it from its position across a designated line for a distance of 20 feet. You will need to make sure the entire dummy is across the line marked. If you stop before ensuring the entire dummy is across the line you will be instructed to pick it back up and drag it across the line while time is still running. | 17 seconds |