

**Arizona Western College
Public Safety Institute / LETA
Physical Agility Testing**

This test is designed to examine the applicant's physical ability to perform the essential duties of a Peace Officer. Events in this course simulate true ground activities that peace officers experience while working the beat.

The agility test consists of 5 events. They are as follows:

1. 99-Yard Obstacle Course

Run a 99-yard obstacle course consisting of several sharp turns, a number of curb height obstacles, and a 34-inch high obstacle that must be vaulted.

2. Body Drag

Lift and drag 165-pound, lifelike dummy 32 feet.

3. Chain-Link Fence

Run five yards to a six-foot, chain-link fence, climb over fence, continue running another 25 yards.

4. Solid Fence Climb

Run five yards to a six-foot solid fence, climb over fence, continue running another 25 yards.

5. 500-Yard Run

Run 500 yards

Clothing and equipment for testing

Applicants will need to wear comfortable physical fitness clothing and running shoes. Applicants may want to wear long pants for the wall.