

Lawrence Police Department



Physical Agility Test

Stage 1: ¼ Mile Run (400 Meters)

Applicants must descend a set of stairs and run a distance of ¼ mile (400 Meters) around the Training Center. Applicants must touch each stair when traversing up the staircase. Failure to touch every stair will result in a time penalty.

Stage 2: Tire Flip

Applicants must flip a tire end over end a total of two (2) times. The tire will be flipped over and back before progressing. The applicant must switch sides and flip the tire in each direction.

Stage 3: Rescue Drag

Applicants must move a one hundred fifty pound (150 lb.) weighted bag thirty feet (30'). Applicants may drag the bag in whatever method they desire.

Stage 4: 3' Wall Jump

Applicants must clear a three foot (3') tall fence or wall and land on the opposite side. Applicants are not allowed to dive over or hurdle the wall. Applicants should have at least one hand touching the top of the obstacle while clearing it. Applicants are not allowed to use the outside supports of the obstacle as aides. Applicants must travel over top the wall and not to or around either side. Applicants are provided three (3) attempts to scale the wall. After three (3) attempts, the applicant is disqualified.

Stage 5: Window Obstacle

Applicants must climb through a three foot by three foot (3'x3') window opening. Applicants are not allowed to dive through the window. Applicants are allowed to use the interior surfaces of the window frame for support. Applicants may not use the outside of the obstacles frame for assistance. Applicants are provided three (3) attempts to scale the wall. After three (3) attempts, the applicant is disqualified.

Stage 6: 6' Wall Climb

Applicants must scale a six foot (6') tall fence or wall and drop to the opposite side. Applicants are provided three (3) attempts to scale the wall. After three (3) attempts, the applicant is disqualified.

Stage 7: Stair Climb

Applicants must ascend a flight of stairs. Applicants must touch each stair when traversing up the staircase. Failure to touch every stair will result in a time penalty.

Stage 8: Trigger Pull

Applicants will pick up a non-functioning training handgun and pull the trigger twelve (12) times in seven (7) seconds with their dominant hand. Applicants will then return the handgun to its resting position in a controlled manner. The weapon must be pointed in a safe direction at all times.

The Physical Agility Test must be completed in **seven minutes (7:00)** or less. Not completing the course within the time frame will result in a failure and constitutes disqualification from the hiring process.