The test is a timed obstacle course. See the map below. The course is just a few feet larger than half of a basketball court and must be completed in 2 minutes, six seconds or less.

Running the Course:

- The candidate starts the course at a point indicated on the course map,
- The candidate runs one and 3/4 laps around the perimeter of the course and enters the interior of the course at the point indicated on the course map,
- The first obstacle encountered in the interior consists of two low hurdles, one and a half feet high and four feet long, placed 13 feet apart,
- After clearing the hurdles, stairs (five steps up to a 32-inch-wide landing, 45 inches above the floor and five steps down) must be negotiated twice (note that each step has a 7.5-inch rise and tread that is 11 inches wide), candidate may skip steps going up but must touch each stair coming down.
- Once the stair event is completed, another low hurdle must be cleared; the candidate must then successfully negotiate a low crawl under an obstacle set at two and a half feet above the floor,
- Make a turn and clear a ditch simulation that is six feet in width,
- After another turn, a chain-link fence (four feet in height) must be climbed,
- Two additional turns made, and a four feet high window must be successfully entered,
- The candidate must then drag a 150-pound dead weight a distance of 20 feet,
- Finishing with one more running lap around the perimeter of the course.

Penalties Assessed:

- +2 seconds for knocked down hurdles or low crawl,
- +2 seconds for foot faults on “ditch simulation”,
- 3 physical attempts “through the window” and “over the fence” before evaluator can offer run around.
- If a candidate skips stairs going down, they will return to the stair landing and repeat.
University of Georgia Police Department
Physical Agility Exercise Guidelines

START

ENTER

150 lb Dead Weight Drag

Low Crawl

Hurdle

Hurdle

Hurdle

6ft Jump

Window (4ft High)

Stairs 13'

FINISH