The University of Georgia Police Department

Physical Agility Exercise Guidelines

- The course begins with the applicant seated in the police vehicle with the key in the ignition, the seatbelt fastened and hands on the steering wheel. Prior to entering the vehicle, the applicant was instructed to tuck flags into their waste line, just back from their midline, on each side.

- When the applicant begins, the time keeper starts the clock. In the vehicle, the applicant must remove their seatbelt, remove the keys from the ignition and place them in the glovebox, close the glovebox and exit the vehicle.

- As the applicant moves towards the rear of the vehicle to retrieve a flashlight, they perform a brief flexibility exercise by reaching behind their back and removing the opposite side flag with each hand. The flags are dropped and the applicant picks up the flashlight and begins the first running portion (330 feet out and back) of the exercise.

- When the applicant returns from the run, they enter the course through a cone gate and complete the following tasks:
  - Navigate over the low wall (40 inches);
  - Navigate over a series of three step hurdles* of varying heights;
  - Navigate through a series of cones in a serpentine fashion;
  - Navigate under a series of three low crawl barriers*;

*If the applicant makes contact with either the step hurdles or the low crawl barriers in manner that causes one or more to fall from its position, the applicant must re-do that portion of the exercise immediately. Police Department staff members are positioned in a manner to watch for this and re-set the appropriate part of the exercise immediately in such a case.

- After exiting the low crawl section, the applicant moves straight ahead and through a cone gate. The applicant drops the flashlight at this point and moves to the location of a drag dummy. The dummy is placed equidistant to the cone gate alongside the course in a manner that requires the same amount of movement for the applicant regardless of which side the dummy is on at any given time. The applicant drags the dummy from a cone at its starting point 100 feet to a second cone. A staff member monitors this portion of the exercise and communicates to the applicant when the dummy is past the cone.

- The applicant then returns to the cone gate, retrieves the flashlight and moves back through the course (low crawl, serpentine, step hurdles and low wall). The same guidelines surrounding a low crawl barrier or step hurdle being knocked down still apply during this phase of the exercise.

- The applicant then returns through the initial cone gate and completes the same running portion that began the course (330 feet out and back).

- When the applicant returns from the run, they move to the back of the vehicle, place the flashlight on the bed of the vehicle, and perform a series of six trigger pulls with the UGA Police Department duty weapon with each hand. The applicant is briefly familiarized with the weapon prior to the exercise, given an opportunity to confirm that the weapon is clear with no magazine inserted.

- When the trigger pulls are completed, the applicant re-enters the vehicle, puts on the seatbelt, closes the vehicle door, puts the keys into the ignition, closes the glovebox and places their hands on the steering wheel. At this point the exercise is complete and the time keeper stops the clock.

- The exercise must be completed in six minutes or less.
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Physical Agility Exercise Course Layout with Dimensions

Exercise begins and finishes with participant in the vehicle with the seatbelt fastened and hands on the steering wheel.

Pylons are 4 ft apart and 40" wide. Low crawl is 27" high.

Hurdles are 5' apart. 40" Wide. 1st hurdle is 24". 2nd hurdle is 12". 3rd hurdle is 18".

Wall is 40" high.

6 trigger pulls using only 1 finger. Must be done with both hands.