

WORK PERFORMANCE TEST (POLICE OFFICER)

The physical agility test for the position of Police Officer is based on the Virginia LAWFIT Work Performance Test and consists of various job related physical activities. These activities are set out in an obstacle course design. The activities will be conducted continuously from start to finish.

This is a PASS/FAIL test and is used as an additional determining factor in evaluating you as an applicant. This test must be completed within one minute and thirty-six seconds.

The work performance test will be administered to all applicants by the Charlottesville Police Department's staff. This test will consist of a 150-yard course that will measure stamina and cardiovascular fitness in the completion of various job related physical skills. The applicant must successfully complete the (10) obstacles in succession with a pass/fail time limit of 1 minute and 36 seconds. Participants must complete all events in the specified sequence or they fail the course. Participants who fail the course on first attempt, may retest the course one time.

Work Performance Test Design:

The test must be completed by the participant in the exact sequence listed below:

1. Participant will be given a physical description of a suspect, and will start from a seated position when told to begin.
2. Run/Sprint 25 yards.
3. Jump a distance of 3 feet in length.
 - *This area will be marked off. If the participant starts or ends the jump within the cones, the task is not completed.*
4. Run/Sprint 25 yards.

5. Climb over a five (5) foot high wall.

- *If the participant is unable to go over the wall, the task is not completed.*

6. Run/Sprint 10 yards.

7. Crawl under an obstacle 24" (inches) high and 10' (feet) in length.

- *Participant must crawl through obstacle without touching the top or sides of the structure. If unable to crawl the complete distance or if the participant raises the bottom of the obstacle, task is not completed.*

8. Run/Sprint 25 yards.

9. Climb up and down a 8" (inch) step for 12 repetitions.

- *Climb up and down a step using the movement of up/up, down/down. Example: first foot up, second foot up, first foot down, second foot down.*
- *The step must be 12 repetitions.*
- *If participant does not have both feet on the step for counting or is unable to finish 12 complete repetitions, task is not completed.*

10. Run/Sprint 15 yards.

11. Crawl through window opening (36" wide x 30" high x 3' above the ground).

- *If participant is unable to pass through the opening, task is not completed.*
- *NO diving through the opening.*
- *Participant must not touch the top of the window frame.*

12. Run/Sprint 10 yards. Identify suspect.

- *Based upon previous description provided, the participant must identify the proper individual by yelling out the correct number located directly above the image.*
- *If participant incorrectly identifies the individual, task is not completed.*

13. Run/Sprint 15 yards.

14. Move a 150-pound dummy 5 yards.

- *The participant must move a 150 pound dummy beyond a designated area five yards away.*

- *When moving the dummy, participant must protect the head and neck by lifting under the arms.*
- *If the participant is unable to move the dummy completely past the designated line, task is not completed.*

15. Run/Sprint 20 yards.

16. Trigger pull exercise

- *The participant must pick up a safe, ready to fire double action training firearm from a holster affixed to the obstacle using the dominant hand to pull the trigger once while holding the muzzle inside a stationary border six (6") inches in diameter at shoulder level. Then withdraw the weapon from the stationary border and transition to non-dominant hand, replace in border and pull trigger one more time.*
- *If participant is unable to pull the trigger, touches the ring with the firearm, or fails to insert the muzzle into the stationary border task is not completed.*

Criteria for completing the course

1. Participant must complete ALL events in the specified sequence or they will fail the course.
2. Participants must correctly identify the individual.
3. Upon completion, participants will be told their time and informed if they successfully completed all tasks in the proper order.