

Physical Agility Test

The Burbank Police Department's Physical Agility Test is part of the Police Officer/Recruit examination process. It is designed to ensure the minimum level of physical fitness necessary for training in law enforcement. After you pass the Recruit Physical Agility Test, the academy maintains a rigorous and demanding physical training program. You owe it to yourself to be in the best physical condition possible before starting the Academy.

The Physical Agility Test is designed to simulate actual conditions that a Police Officer may encounter while working "in the field."

The physical agility test is made up of three segments. Each segment is a timed event that is pass or fail. Failing any one of the three segments will constitute a failure. No score is attached to this portion of the test. It is considered pass or fail only.

6 foot wall climb: Time: 20 seconds

You will have a choice of 2 walls to climb up and over. One wall is a cement block wall and the other is a wood and metal frame wall. You will have 20 seconds to scale one of the walls to complete this task.

355 yard run with obstacle course: Time 2:00 minutes

The candidate will begin this portion of the test by sprinting approximately 190 yards to the first obstacle.

Obstacle #1 Maneuvering through a maze (hallway) which has a series of 5 turns. The object is to maneuver through this area without touching the walls or losing your balance.

Obstacle #2 Traverse a four inch wide balance beam which is 15 feet long.

Obstacle #3 Enter a structure and maneuver up a set of 13 stairs and then down a series of 13 stairs. (Lighting conditions and running surfaces change inside the structure.)

Obstacle #4 Jump over a 5' 6" cement culvert two times.

Obstacle #5 Step between unevenly spaced railroad ties, one at a time.

Obstacle #6 Crawl under a 32 inch bar.

Obstacle #7 Lift or drag a 165 pound dummy for 50 feet.

Obstacle #8 Jump over a 2 foot high wall.

Grip strength test: Time: 30 seconds

Operate a grip strength test device with each hand with a minimum of 70 lbs of pressure per hand. Thirty seconds are allowed to complete both hands.

To improve your chances of successfully completing the test:

- Don't "psych yourself out" to the point that you defeat yourself.
- Know what muscle groups to use during each task. Often a candidate will concentrate on the wrong body parts in performing certain tasks. For example, some applicants "muscle" their way over the six foot fence, utilizing only their upper body strength, shoulder and arms. People who cannot make it over the fence by upper body strength alone will find it helpful to use other techniques, some of which are demonstrated in the practice session.
- Use the time allowed. Pace yourself so as to allow extra time for more difficult tasks. Confirm that you can complete the course within the allotted time by utilizing the practice session.