

## **Leander, Texas Police Department**

### **Police officer Physical Ability Examination**

### **Candidate Study Guide**



### **INTRODUCTION**

This study guide is designed to describe the physical tasks you will be required to perform for the Leander, Texas Police Officer Physical Ability Examination. You will increase your chances of obtaining a passing score if you spend a fair amount of time preparing for the test. This includes thoroughly reviewing this study guide, following the specific directions regarding attire, paying proper attention to your physical well-being before the test and taking care to avoid becoming overly anxious about the test.

### **OVERVIEW OF THE TESTING PROCESS**

A job analysis was conducted for the job of police officer in the Leander, TX Police Department which included an analysis of data collected from incumbent officers, Corporals, Sergeants, Lieutenants, an Assistant Chief and the Police Chief on a comprehensive job analysis questionnaire and a meeting with a representative sample of subject matter experts. The job analysis provided the background information necessary to validate the job-related physical ability examination. It allowed for the identification of the essential physical functions required of the job, and these essential functions are included in the physical ability test.

Among other physical tasks, police officers in the Leander, Texas Police Department must be able to exit a patrol car quickly; run in pursuit of a suspect; climb over a fence while pursuing a suspect; run up and down stairs; dodge obstacles (e.g., people, cars, barriers) while pursuing a fleeing suspect on foot; maneuver through obstacles or windows in pursuit of a suspect; jump over obstacles while running; duck under low-hanging objects while running; drag a person a distance of 30 feet without assistance; and handcuff a suspect.

This examination is equally valid for assessing the physical skills of candidates with law enforcement experience and those without. For example, one portion of the test requires the candidate to climb over a 6 foot tall fence. It is not necessary to have prior experience as a law enforcement officer to possess the physical ability to climb a 6 foot tall fence.

Preparation instructions and a description of the physical ability test are provided below.

## **TEST PREPARATION**

The following suggestions should help you prepare yourself physically for the test:

- Avoid junk food and maintain a well-balanced diet for several days before the test.
- Avoid tranquilizers and stimulants such as caffeinated beverages, especially on the day of the test.
- Get a good night's sleep before the test.
- Do not drink a lot of liquids or eat a large meal before the test.
- Avoid alcohol several days prior to and especially on the day of the test.

## **WHAT TO WEAR**

Candidates should wear the following during the test:

- Tennis shoes (sport shoes or sneakers) are recommended.
- Candidates must wear a weighted vest simulating the weight of equipment officers must wear while on the job. This will be provided by the Leander Police Department for all participants.
- Long pants are strongly suggested (this is for safety reasons).
- Candidates should NOT wear watches, rings or other items which could harm them while taking the test. These items should be removed before testing for safety purposes.

## **WHAT PARTICIPANTS SHOULD DO JUST PRIOR TO TAKING THE TEST**

Just prior to taking the test, candidates should consider jogging lightly, performing some jumping jacks to get their blood flowing, and stretching to prepare themselves for the physical exertion in which they are about to engage. Additionally, if the ambient temperature will be 80 degrees Fahrenheit or higher, participants are advised to pre-hydrate prior to arriving at the test site.

## **TEST SITE**

The test has been created to be administered outside at the City of Leander Waste Water Treatment Plant (10201 RR 2243, Leander, TX 78641).

## **DESCRIPTION OF THE TEST**

The test will require a candidate to complete several physical tasks in sequence within an allotted time frame. All applicants will be given an orientation and walk through prior to taking the test. Candidates should be sure to proceed through the test safely. No one will be allowed to take the test unless he/she is fully aware of what he/she is expected to do.

## **TEST EVENTS**

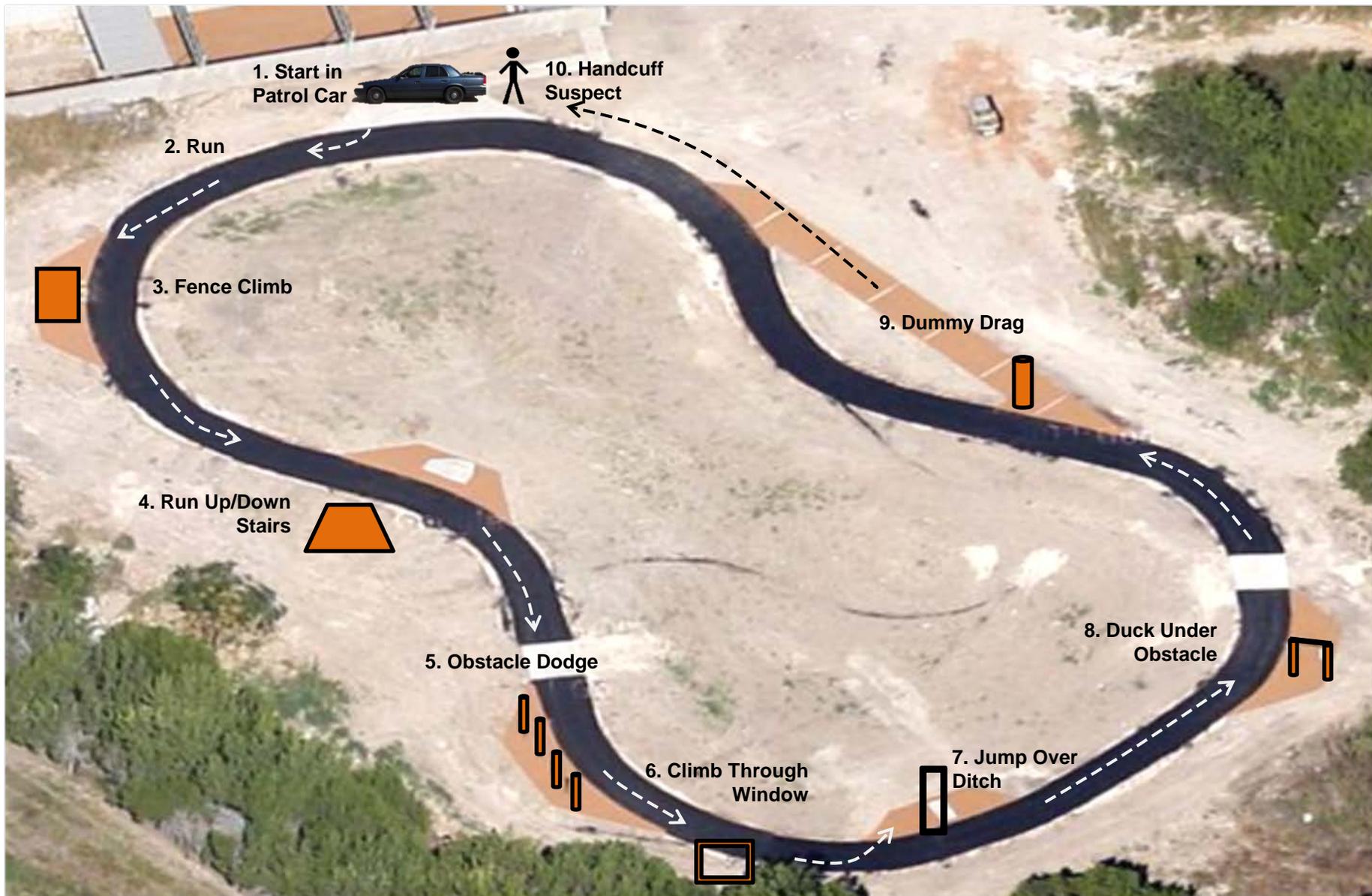
Page 4 contains a map illustrating the entire test sequence. Each event listed below corresponds to a particular point on the attached map.

1. **Seated & Belted in Patrol Car:** The candidate will begin seated and belted in a patrol car. A test monitor will tell the candidate to "GO." The candidate must then unbuckle the seat belt and exit the patrol car and complete the following physical tasks. Timing begins when the test monitor says "GO."
2. **Run:** The candidate must run a distance of about 214 yards (the approximate length of one full lap of the existing track). The candidate will run the lap once, and then run the lap again with obstacles along the way.
3. **Fence Climb (6 feet tall):** The candidate will run to the next obstacle, a 6-foot wooden fence, and climb over the top of it. Candidates' may use footholds (located approximately 16", 40.5", and 65" from the bottom of the fence) if needed.
4. **Run Up and Down Stairs:** Candidate will then run up and down a flight stairs two consecutive times. Candidates do not need to touch every stair on the way up but do need to touch every stair on the way down.
5. **Obstacle Dodge:** The candidate must maneuver, in a zig-zag manner, around 4 obstacles (which are poles).
6. **Window Climb:** Candidates will run to a window with the sill set 30" off of the ground and with an opening measuring 4 feet by 4 feet and climb through the frame.
7. **Jump Over Ditch:** The candidate will then run to and jump over a simulated ditch that is 4 feet wide.
8. **Duck Under Obstacle:** Candidates will then run to and duck under a low-hanging obstacle, approximately 3 feet from the ground.
9. **Dummy Drag (approximately 150 pounds):** The candidate will run to the dummy representing an officer in need of assistance or a suspect and will drag the dummy (which is a 6 foot long log) completely past a line approximately 30 feet away.
10. **Handcuff Suspect:** The candidate will then place handcuffs on a suspect by securing the suspect's arms behind his or her back. Timing of the test stops when the handcuffs are secure and the test administrator says "STOP." The fastest time between the two stop watches is recorded.

## **CRITERIA FOR PASSING THE EXAM**

1. Candidates must successfully complete all events in 3 minutes and 39 seconds.

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\*Note: Map may not be drawn to scale