

**PARAGOULD POLICE DEPARTMENT
PHYSICAL AGILITY TEST FOR APPLICANTS**

APPLICANT NAME _____ DATE _____

- The student runs one and 3/4 laps around the perimeter of the course.
- 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). The student must touch at least 2 steps going up and 2 steps coming back down.
- Once the stair event is completed another low hurdle must be cleared; the student must then successfully negotiate a low crawl under an obstacle set at 2 1/2 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 four-foot high window (opening is 3' wide x 4.5' high) must be successfully entered.
- The student must then drag a 175-pound dead weight a distance of 20 feet.
- After the weight drag, the student exits the course, completes one final lap around the perimeter and finishes at the point indicated on the red course map.

Participants should wear physical training attire.

Please read and sign the following statement.

Statement of Physician:

This applicant is physically able to participate in the above physical agility test.

Physician's Name (Print) _____ Date of Examination _____

Address: _____

Physician's Signature _____

Statement of Participant:

I do hereby release and forever discharge the City of Paragould, and its servants, agents and employees including all members of the Paragould Police Department, their heirs, and executors and administrators from all claims, demands, actions, both in law and equity or especially all claims of any physical or mental injury or discomfort or accidental death arising out of participating in, taking part in and being allowed to take the Paragould Police Department test. It is completely understood that I am taking the above-mentioned action of my own free will.

Applicant Signature _____