

Paragould Police Department Physical Agility Test for Applicants

Applicant Name _____ Date _____

1. Participant runs two laps around two basketball courts approximately 274 yards.
2. Participant runs down court weaves through 8 traffic cones. (If participant knocks over a traffic cone a five second penalty will be assessed.)
3. Participant runs to lane dividing courts.
4. Participant runs down dividing lane and weaves through six traffic cones. Continues down lane, crawls under two barricades, and runs to end of lane.
5. Participant turns right at traffic cone and runs one lap around two basketball courts approximately 137 yards.

Total distance is approximately 550 yards. Participant has 3 minutes to complete course.

Participants should wear physical training attire.
Please read and sign the following statement.

Statement of Participant:

I am physically able to participate
in the above physical agility test.

Physician's Name (Print)

Physician's Address

City, State, Zip

Applicant Signature

Statement of Physician:

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

Physician's Signature

Date of Examination