

**Cibolo, Texas
Police Department**

Patrol 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 Cibolo, Texas Patrol 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 Patrol Officer in the Cibolo, TX Police Department which included an analysis of data collected from incumbent Patrol Officers in the organization 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, Patrol Officers in the Cibolo, Texas Police Department must be able run quickly in pursuit of a suspect; dodge obstacles (e.g., people, cars, barriers) while pursuing a fleeing suspect on foot; climb over a fence while pursuing a subject; duck under low-hanging objects while running; run up and down stairs in an emergency situation; jump over small obstacles such as shrubs or drainage ditches in pursuit of a suspect; and drag a person a distance greater than 20 feet without assistance.

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 vest and weight belt simulating the weight of equipment officers must wear while on the job.
- Long pants are required 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.

Note: All vests and weight belts will be provided by CPD. Different sizes of vests and belts will be available in order to ensure the best fit for each candidate. A test monitor will help with the fitting prior to the testing process.

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. The physical ability examination includes the following events.

TEST EVENTS

Pages 4 and 5 contain a map illustrating the entire test sequence. Each event listed below corresponds to a particular point on the attached map.

1. Seated in Car/Physical Description: The candidate will begin seated in a patrol car with the seat belt fastened and the car door closed. A test monitor will give the candidate verbal instructions to pursue a fleeing suspect (which is fictitious) by providing a description of what the suspect looks like (for example, a Caucasian male about 6 feet 5 inches in height with short black hair). Finally, the test monitor will tell the candidate to "GO." The candidate must then unbuckle the seatbelt, open

the car door, and complete the following physical tasks. Timing begins when the car door opens.

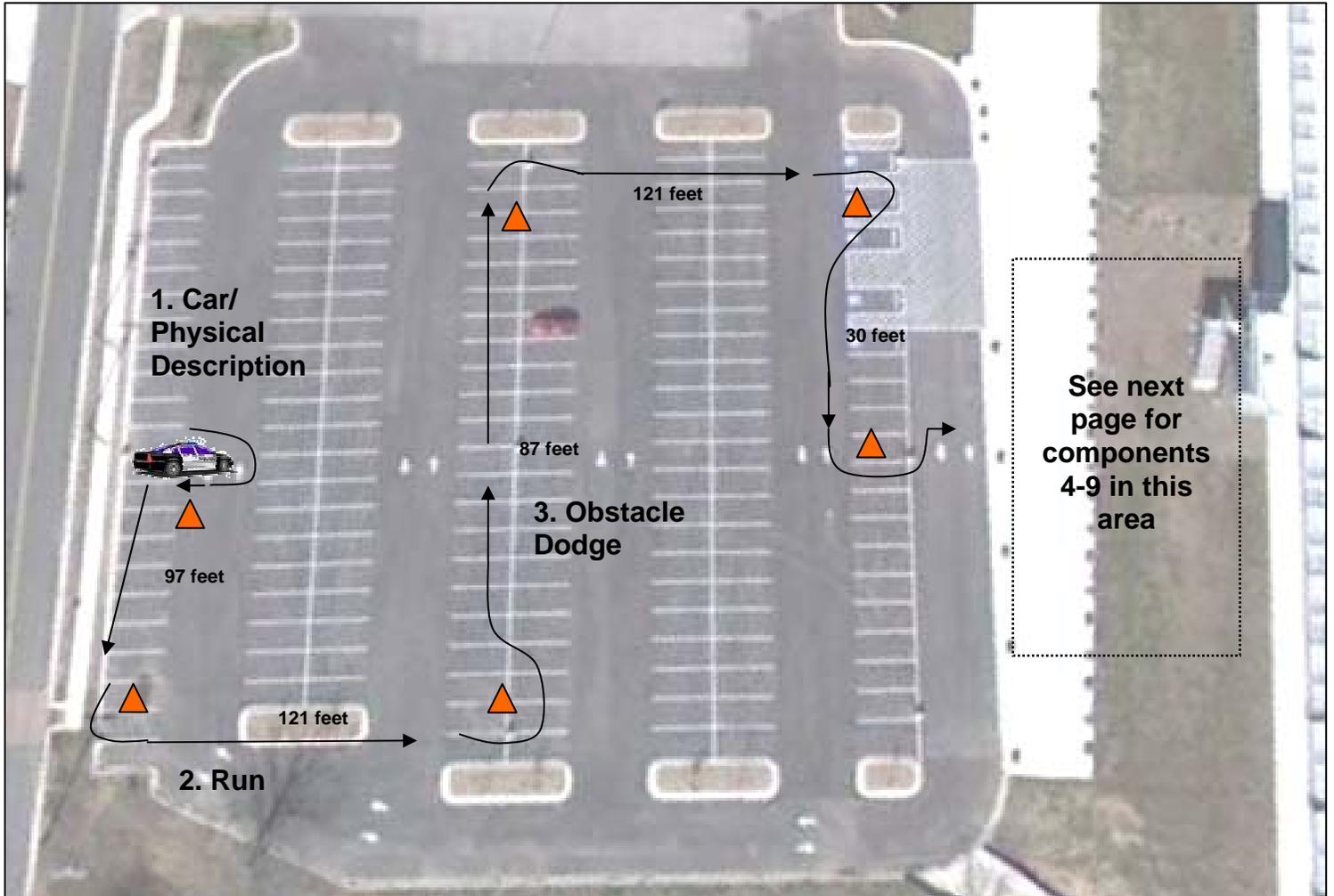
2. Run (225 yards): The candidate must run a distance of about 225 yards (the approximate length of the entire course), encountering obstacles along the way.
3. Obstacle Dodge: The candidate must maneuver, in a zig-zag manner, around obstacles (which are traffic cones or poles positioned on the ground) for approximately 150 yards.
4. Fence Climb (about 6 feet tall): Candidates will run to the next obstacle, a 6' wooden fence, and climb over the top of it. The candidate is instructed to first attempt to get over the fence without the use of a foot-hold, but then to use the foot-hold on second and subsequent attempts to get over the fence.
5. Duck Under Obstacles: Candidates will run to and duck under two low-hanging obstacles.
6. Run Up Stairs: Candidates will then run up one long flight of stairs.
7. Run Down Stairs: Candidates will then run down one long flight of stairs.
8. Obstacle Jump: Candidates will then run to and jump over a 3 foot ditch.
9. Suspect/Officer Move (approximately 185 lbs): The candidate will run to the dummy representing a suspect (or officer in need of assistance) and will drag the dummy completely past a line 20 feet away. Timing of the test stops when the entire dummy passes over the line.

CRITERIA FOR PASSING THE EXAM

1. Candidates must successfully complete all events in 2 minutes and 49 seconds or less.

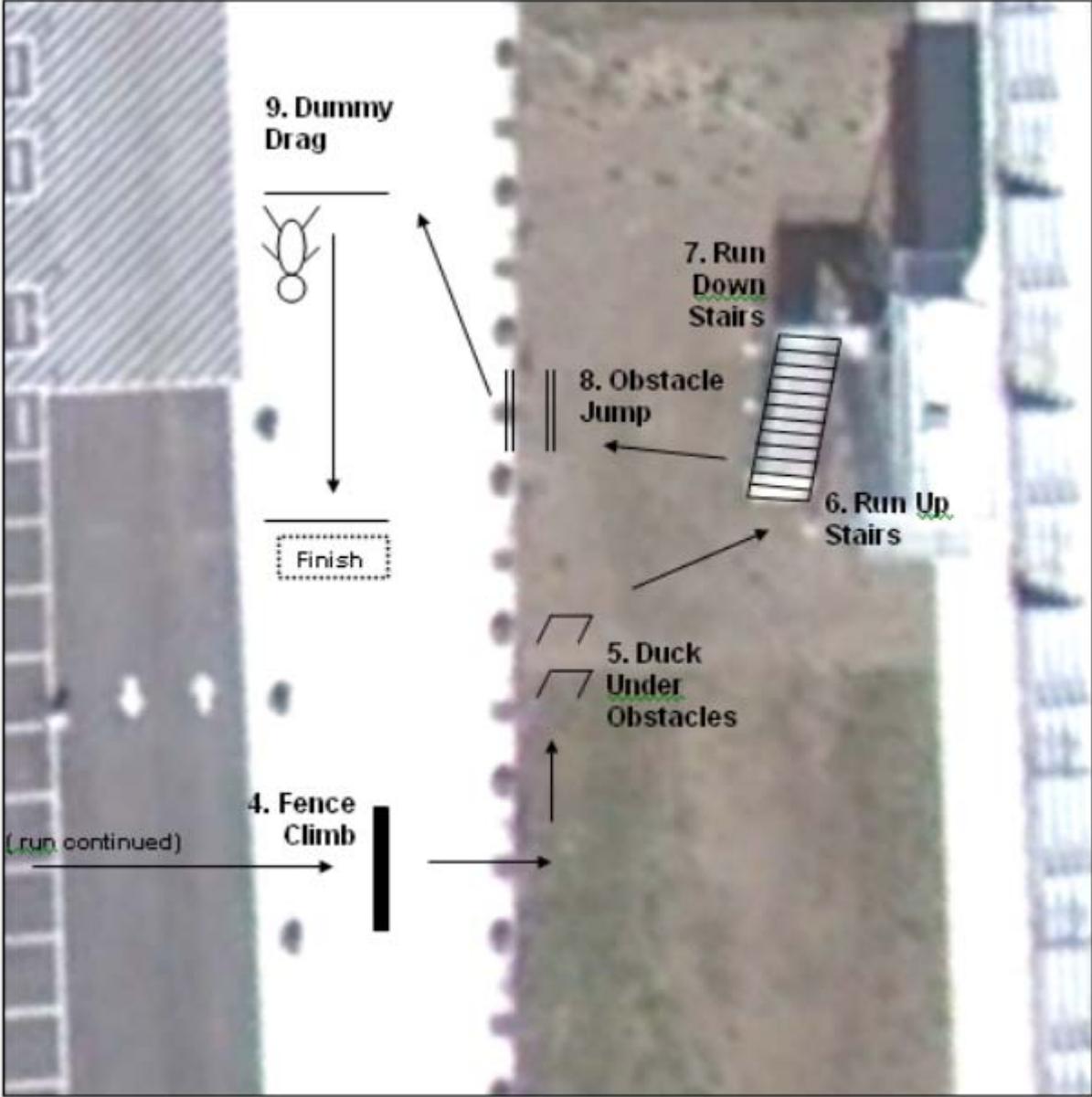
Cibolo, TX Police Department Patrol Officer Physical Ability Course Layout

There are six cones used for the "Obstacle Dodge" component, and they are spaced out in the Run as seen below:



Note: Distances are not drawn to scale

Cibolo, TX Police Department
Patrol Officer Physical Ability Course Layout (continued)



Note: Distances are not drawn to scale