



Hagerstown Police Department Physical Agility Assessment: Entry Level Applicants



Applicant: _____

Last 4 digits of SSN: _____

To be completed in 3 minutes, 45 seconds:

- Start from a seated position in a patrol vehicle with a seat belt on.
- On the command to start, exit the vehicle and climb three flights of stairs.
- After descending the stairs, sprint 300 meters.
- At the end of the sprint, drag a 150 lb. sled, by grabbing a tactical vest, 15 feet.
- Climb over a 4-foot fence and return over a 6-foot fence.
- Lift, from a standing position, a human approximating the applicant's weight and hold them off the ground for 30 seconds
- Time stops.

Time: _____

Pass / Fail (circle one)

Evaluator: _____

Date & Time: _____

Physician's Verification

I have reviewed the above elements of the Hagerstown Police Department's Physical Agility Test and certify that the identified applicant may safely participate in this test.

Physician's Signature: _____ Date: _____

Physician's Printed Name: _____

Physician's Address: _____

Physician's Phone Number: _____

Applicant returns the original form to the Hagerstown Police Department, a copy may be maintained by physician



**Hagerstown Police Department
Physical Agility Assessment:
Lateral and Comparative Compliance Applicants**

Applicant: _____

Last 4 digits of SSN: _____

- Climb over a barrier.
- Pull/drag a 150lb individual at least 15 feet.
- Run for a distance of at least 300 feet.
- Traverse up and down at least two (2) flights of stairs.

Evaluator: _____

Date & Time: _____

Physician's Verification

I have reviewed the above elements of the Hagerstown Police Department's Physical Agility Test and certify that the identified applicant may safely participate in this test.

Physician's Signature: _____ Date: _____

Physician's Printed Name: _____

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