

## VAN BUREN POLICE DEPARTMENT AGILITY TEST

### --Pursuit and Subdue Scenario--

**Starting Position – A seated position in the driver’s seat of a police car.**

**Time begins when participant steps out of the police car.**

- 1. Participant runs 95 yards.**
- 2. Participant will weave through 8 traffic cones placed 20 feet apart, turns around far 2 cones.** *(Participants knocking down a cone receive a 3-second penalty for each cone knocked down. The 3-second penalty simulates the delay an officer would experience as a result of running into an obstacle. Participants failing to turn around any cone in the scenario receive a 5-second penalty for each cone missed.)*
- 3. Participant runs 105 yards.**
- 4. Participant climbs/vaults a 5-foot solid faced wooden wall and turns around 2 cones.** *(Participants unable to surmount the wall may use a 2’x2’x2’ table that is placed 10 feet from the edge of the wall. The intent here is to recognize that an officer in pursuit will not quit due to a temporarily impassable obstacle and that the officer will look for a way to get over the wall using a garbage can, bicycle, or box realizing that doing so will require additional time.)*
- 5. Participant runs 105 yards.**
- 6. Participant jumps a 4-foot horizontal “ditch” and turns around 2 cones.** *(Participants unable to clear the ditch receive a 5-second penalty. The penalty for failure to clear the ditch simulates the time it would take an officer to recover his/her footing and climb out of the ditch if the running leap failed.)*
- 7. Participant runs 55 yards, crawls under two 2-foot high traffic barricades placed 3-feet part and runs 55 yards.** *(Participants knocking over the barricades will receive a 5-second penalty. This penalty simulates the time it would take the officer to get un-hung from a fence or other obstacle he/she has attempted to crawl under.)*
- 8. Participant rolls 160-pound dummy on to front side, grabs dummy’s hands and touch them together behind dummy’s back.**

**Time stops when hands touch behind dummy’s back.**

**Participants 39 and under have 3-minutes to complete the Pursuit and Subdue Scenario Course.**

**Participants 40 and over have 3.5 minutes to complete the Pursuit and Subdue Scenario Course.**

**Participants should wear appropriate physical training attire.**