

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.

VAN BUREN POLICE DEPARTMENT AGILITY TEST

--Pursuit and Subdue Scenario--

