

Columbia Police Department

Job-Related Physical Ability Test



RETEST POLICY: IF AN APPLICANT FAILS THE JOB RELATED PHYSICAL ABILITY TEST HE/SHE WILL BE ALLOWED TO RETAKE THE TEST ONCE WITHIN 6 MONTHS. A SECOND FAILURE ON THE JOB RELATED PHYSICAL ABILITY TEST WOULD RESULT IN DISQUALIFICATION FOR A PERIOD OF ONE YEAR.

JOB RELATED PHYSICAL ABILITY TEST

The Columbia Police Department Physical Ability Test event is performed on a pass/fail basis. Applicants must complete the course in two minutes and six seconds (2:06) or less and all of the obstacles to pass. No more than three attempts will be allowed to negotiate any one obstacle. If applicant are unable to negotiate an obstacle after three attempts or unable to complete the course in two minutes and six seconds (2:06) or less it is a failure.

Course Description

- The course measures a total of 870 feet (290 yards/265.2 meters).
- The course consists of a series of nine interspersed individual tasks, arranged in a continuous format that may be viewed as being essential (physical) job-tasks for law enforcement training:
 1. running;
 2. jumping (low hurdle);
 3. climbing stairs;
 4. low crawling;
 5. jumping (broad-type);
 6. climbing a fence (chain-link/four feet);
 7. climbing through a window;
 8. moving/dragging a weight (150 pounds);
 9. changing direction on the run.
- The applicant starts the course at a point, indicated on the course map.
- The applicant runs one and $\frac{3}{4}$ laps around the perimeter of the course and enters the interior of the course at the point indicated on the course map.
- The first obstacle encountered in the interior consists of two low hurdles, one and a half feet high and four feet long, placed 13 feet apart.
- After clearing the hurdles, stairs (five steps up to a 32-inch wide landing, 45 inches above the floor, and five steps down) must be negotiated twice (note that each step has a 7.5 inch rise and tread that is 11 inches wide)
- Once the stair event is completed another low hurdle must be cleared; the trainee must then successfully negotiate a low crawl under an obstacle set at 2 $\frac{1}{2}$ feet above the floor.
- Make a turn and clear a ditch simulation that is six feet in wide.
- After another turn, a chain-link fence (four feet in height) must be climbed,
- Two additional turns made, and a four-foot high window must be successfully entered.
- The candidate must then drag a 150-pound dead weight a distance of 20 feet.
- After the weight drag, the applicant exits the course, completes one final lap around the perimeter and finishes at the point indicated on the course map.

Spotters (suggested minimum of three) are strategically located throughout the course.

An instructor demonstrates the course via a walk-through for the entire class prior to beginning. The purpose of this is directional rather than instructional; however, spotters guide individuals as the applicants run the course. The spotters serve to prevent injury as applicants negotiate the course and are located at all obstacle events located in the course.

Columbia Police Department
Medical Release Form

In order to participate in the Columbia Police Department's physical testing, *you must have this medical release form*, signed by your Doctor. The release form ensures that you are physically capable of performing the activities described in the Job Related Physical Ability Test. (JRPAT)

Bring this form with you on your test date. DO NOT MAIL. You will need to wear appropriate athletic attire when participating in the JRPAT.

To participate in a Job Related Physical Ability Test (JRPAT), in consideration for employment with The Columbia Police Department:

Patient's Name: _____

To the examining physician

In order to assure that candidates for the position of Police Officer are able to adequately perform the critical tasks associated with the job, it is the requirement of the Columbia Police Department that officer applicants must participate in and pass a Job Related Physical Ability Test (see description of test attached). By signing below, you are indicating that (1) you are familiar with the medical history and current condition of the patient named above, and (2) that in your opinion, the patient should be able to participate in the described test without foreseeable medical danger to himself/herself.

Physician's signature _____

Physician's Name: _____

Address: _____

Date of Examination: _____

COLUMBIA POLICE DEPARTMENT
JOB RELATED PHYSICAL ABILITY TEST FORM

| | | | | | | | | | | | | | | | | | | | | |
|--------------|----------------------------------|-----------------------------------|-------------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| NAME: | | | S.S. #: | | | | | | | | | | | | | | | | | |
| | <small>(Print Last Name)</small> | <small>(Print First Name)</small> | <small>MI</small> | | | | | | | | | | | | | | | | | |

| | |
|------------------|--|
| Date: | |
| Completion Time: | |
| Instructor: | |

On the above listed date the named applicant: **PASSED** **FAILED**

The Job-Related Physical Ability Test conducted by Columbia Police Department Training and Career Division.

REASON FOR FAILURE

Completion time over two minutes and six seconds

Unable to Negotiate an Obstacle after at least three Attempts.
Circle Obstacle(s).

HURDLE

STAIRS

JUMP

FENCE

WINDOW

WEIGHTED DRAG

Instructor Signature

Date

**COLUMBIA POLICE DEPARTMENT
JOB RELATED PHYSICAL ABILITY TEST**

ACKNOWLEDGMENT AND WAIVER

Bring this form with you on your test date. DO NOT MAIL. You will need to wear appropriate athletic attire when participating in the JRPAT.

I _____ acknowledge that there are risks in performing the physical ability tests that are part of the police officer selection process. I agree to hold the City of Columbia and its employees and agents harmless. I waive all rights to make any claims or lawsuits against the City or its employees or agents for any injuries or damages related to my participation in these tests. My participation in these tests is voluntary and I understand the effect of this waiver on my legal rights.

Date: _____

Name: _____

Address: _____

Signature

Witness: _____
Print Name

Signature: _____

COLUMBIA POLICE DEPARTMENT

JOB RELATED PHYSICAL ABILITY TEST

JRPAT TESTING LOCATION

Our testing area is located on the top level of the Lincoln Street parking garage directly across from the Columbia Police Department, (#1 Justice Square).

Directions from the South: I-26 west to I-126 east. Take the Huger Street ramp. South on Huger to Hampton St. Turn left onto Hampton St. Continue on Hampton St., and then turn right onto Lincoln St., to park.

Directions from the North: I-77 or I-20 to 277 south (Columbia exit). Take 277 to Bull St. Continue on Bull St to Washington St. Turn right onto Washington St. Continue on Washington St. to Lincoln St, and then turn right, to park.

Directions from the West: I-26 east. Merge left to I-126 at junction. Take the Huger Street ramp. South on Huger to Hampton St. Turn left onto Hampton St. Continue on Hampton St., and the turn right onto Lincoln St., to park.

Directions from the East: Hwy 378 (Garners Ferry) to Devine St. At the split bear right onto Millwood Ave. At Gervais St. turn left. Head west on Gervais St to Lincoln St. At Lincoln St turn right, travel three blocks to park.

