



## **ENTRY LEVEL POLICE OFFICER WRITTEN/PHYSICAL AGILITY TESTING INFORMATION**

### **WRITTEN EXAMINATION:**

Approved applicants who meet the minimum qualifications must pass a Civil Service Written Examination with a minimum passing score of 70% or higher. The highest passing written score will be placed at the top of the list and the lowest passing score at the bottom. The exam covers general aptitude and basic cognitive skills with an emphasis on reading, writing and arithmetic. There are no study materials for the written exam. The applicant must pass the written examination as specified to continue forward in the process to the Physical Agility. Backpacks, books, study guides, calculators, tobacco products or drink/food are not allowed at the written test site.

The Physical Agility Test will be held immediately following the grading process on the same date as the written exam.

### **VETERANS PREFERENCE POINTS:**

Applicants who have served on active duty for a minimum of 180 days in the United States Armed Forces, received an honorable discharge and scored seventy-percent (70%) or higher on the written examination are eligible to receive an additional five (5) points to their written score.

A copy of the applicant's DD-214 or any other official government document, which indicates the character of discharge, their status as eligible for re-enlistment, and/or length of active duty service must be submitted with the original application for consideration. Eligible Veterans who pass the written exam with a 70% or better will receive five (5) additional points added.

## **PHYSICAL AGILITY**

### **PURPOSE:**

Applicants must possess the physical agility and ability necessary to perform the continual rigorous physical demands of the position, and to professionally accomplish the assignments of a Police Officer without undue risk of injury or fatigue.

### **OBJECTIVE:**

To assess the overall general physical capabilities of an applicant and establish a baseline in performing specific functions performed by Police Officers. Applicants must demonstrate they possess an efficient cardiovascular and respiratory system, adequate levels of muscular strength, flexibility and endurance by their successful completion of the physical agility test in which they meet or exceed the physical fitness standards approved by the Department.

Applicants for the position of Police Officer will be tested based on the following components, but not necessarily in this order:

1. 300 Meter Run/Sprint
2. Sit-ups
3. Push-ups
4. Handgun Drill
5. Shotgun Drill
6. Tactical Rifle Drill
7. Suspect/Victim Drag

Applicants must successfully complete each of the six items listed above to advance to the swim test. Each test is graded as pass or fail, based on the standards below. Applicants are strongly encouraged to begin preparing for this portion of the screening process by practicing each of the exercises. Practicing can be very important as exercises may not be as easy as they appear. Applicants that fail any category of the physical exam will be escorted off the premises.

The City of New Braunfels Police Department personnel will be available to demonstrate each exercise to you with the exception of the run and swim test just prior to your exam. It is recommended to wear appropriate clothing and shoes for the Physical Agility testing process, and to bring a proper swimsuit and towel for the pool based on changing weather conditions. The City of New Braunfels will provide water during the Physical Agility Test.

### **PHYSICAL AGILITY TEST STANDARDS:**

The current Physical Agility Test components, description of each task, and the minimum acceptable levels to successfully complete the exercise are provided below:

#### **300 METER RUN/SPRINT**

Applicant must successfully complete a 300-meter continuous run/sprint within the following maximum time requirements:

MALES: Age 20-29 = 62.00 seconds; Age 30-39 = 63.00 seconds; Age 40-44 = 77.00 seconds

FEMALES: Age 20-29 = 75.00 seconds; Age 30-39 = 82.00 seconds; Age 40-44 = 106.70 seconds

#### **SIT-UPS**

Applicant must successfully complete continuous sit-ups within one (1) minute and the minimum number of repetitions as follows:

MALES: Age 20-29 = 35 repetitions; Age 30-39 = 32 repetitions; Age 40-44 = 27 repetitions

FEMALES: Age 20-29 = 31 repetitions; Age 30-39 = 24 repetitions; Age 40-44 = 19 repetitions

Description of Exercise:

1. The starting position will be lying with the applicant's back on the ground, either with arms across the chest OR hands behind the head and fingers wrapped or interlocked behind the upper neck and the knees bent.
2. Another person will be tasked to hold the applicant's feet steady to avoid sliding.
3. At the command to start, the applicant will elevate their upper body so that it creates an imaginary "V" shape with the applicant's thighs.
4. This action will be repeated until the one-minute time limit has expired.

NOTE: If the hands come off of the neck or a slip takes place, that particular repetition will not be counted. If the applicant lifts their butt off the ground to cause momentum (in a rocking motion), this repetition will not be counted towards the minimum requirement. The proctor will count out loud the number of correct sit-ups that are performed.

#### **PUSH-UPS**

Applicant must successfully complete continuous push-ups within one (1) minute and the minimum number of repetitions as follows:

MALES: Age 20-29 = 26 repetitions; Age 30-39 = 20 repetitions; Age 40-44 = 15 repetitions

FEMALES: Age 20-29 = 13 repetitions; Age 30-39 = 9 repetitions; Age 40-44 = 7 repetitions

Description of Exercise:

1. The applicant will place their toes and hands on the ground, making sure their back and arms are straight.
2. The applicant will lower themselves towards the floor, stopping as the elbows reach an approximate 90° angle (bend). The body will not be touching the ground with the exception of the applicant's toes and hands.

3. The applicant will then lift themselves back to the starting position.
4. This action will be repeated until the one-minute time limit has expired.

NOTE: If the applicant fails to lower themselves to an approximate 90° angle elbow bend or lift themselves back to the starting position, that repetition will not be counted. The REST position will be in the “up/starting” position with the knees and the middle body off the ground. The proctor will count out loud the number of correct push-ups that are performed.

**Unloaded handguns, shotguns, and tactical rifles for testing will be provided for you during the Physical Agility Test; DO NOT bring any weapons into the testing location.**

**HANDGUN DRILL**

The objective of this test is to evaluate the fitness (strength and endurance) level of the muscle groups involved in the hand and forearm and to a lesser degree in the upper arm and shoulders as required to effectively manipulate and fire a police issue semi-automatic hand handgun.

The applicant will assume a relaxed standing position and grasp the unloaded handgun in their dominant hand by the pistol grip, with their fingers and thumb encircling the grip. The trigger finger is outside of the trigger guard and off the trigger. The non-dominant hand may be used to support the grip. The handgun will then be held at arm's length, with elbow and wrist straight.

The applicant will be given the command of “ready, fire.” The applicant will then place their trigger finger on the trigger and pull the trigger to its rearmost position, dry-firing the weapon, and then release tension on the trigger and return the trigger finger outside the trigger guard. The applicant will then pull the slide back using their other hand to simulate advancing, or chambering, another round into the chamber of the handgun. The applicant will then dry-fire the handgun again. This test will be repeated for a total of four (4) trigger pulls for BOTH dominant AND non-dominant hands.

If the applicant is unable to dry-fire the weapon or pull the slide to the rear most position (simulating chambering another round in to the handgun), the applicant is considered to have failed the test. This is not a timed exercise.

**SHOTGUN DRILL**

The objective of this test is to evaluate the fitness (strength and endurance) level of the muscle groups involved mainly in the hands, forearm, biceps, triceps and shoulders as needed to effectively fire a police issue 12-gauge shotgun.

The applicant will assume the starting position by standing erect with feet approximately shoulder width apart. The applicant will grasp the unloaded shotgun by holding the slide with their support hand, and the stock grip in the shooting hand. The shooting finger should be outside the trigger guard and off the trigger.

The applicant will “shoulder” the shotgun in a ready position by lifting it up and placing the butt of the stock into the hollow of the shoulder and holding the shotgun level. The applicant will support the front-end weight of the shotgun with the support hand holding the slide.

When the command “ready, fire” is given, the applicant will use the support hand to first pull the slide to its rearmost position, and then push the slide forward until it locks into the foremost position. The applicant will then place their forefinger onto the trigger and pull the trigger to its rearmost position to dry-fire the shotgun, and then release the trigger. The barrel of the shotgun barrel will remain parallel to the ground for the entire exercise. The applicant will simulate advancing a shotgun round into the chamber of the shotgun by moving the slide fully back and fully forward with the support hand, and dry-firing the shotgun again. The applicant will repeat the entire exercise for four (4) complete pulls of the trigger. If the shotgun barrel does not maintain a relative parallel position to the ground during the entirety of the exercise or if the applicant is unable to manipulate the slide portion of the shotgun

then the applicant is considered to have failed this test. This is not a timed exercise.

### **TACTICAL RIFLE DRILL**

The objective of this test is to evaluate the fitness (strength and endurance) level of the muscle groups involved mainly in the hands, forearm, biceps, triceps and shoulder as needed to effectively fire a police issue tactical rifle.

The applicant will assume the starting position by standing erect with feet approximately shoulder width apart. The applicant will grasp the unloaded tactical rifle by holding the handguard with their support hand, and the pistol grip in the shooting hand with their trigger finger off the trigger and outside the trigger guard.

The applicant will “shoulder” the rifle by lifting it lifting the rifle and placing the butt of the stock into the hollow of the shoulder and holding the rifle level. The applicant will support the front-end weight of the rifle with the support hand holding the handguard.

The applicant will be given the command of “ready, fire.” The applicant will then use their thumb on their shooting hand to deactivate the safety and then place their trigger finger onto the trigger and pull the trigger to its rearmost position, dry-firing the weapon, and then release tension on the trigger and return the trigger finger outside the trigger guard. The applicant will then pull the charging handle using their other hand to simulate advancing, or chambering, another round into the chamber of the handgun. The applicant will then dry-fire the rifle again. This test will be repeated for a total of four (4) trigger pulls.

If the applicant is unable to dry-fire the weapon or pull the charging handle to the rear most position (simulating chambering another round in to the handgun), the applicant is considered to have failed the test. This is not a timed exercise.

### **VICTIM/SUSPECT DRAG**

The applicant must drag a mannequin dummy that weighs approximately one hundred sixty-five (165) pounds for twenty-five (25) feet.

The applicant must lift the dummy from behind and drag it in a backwards walking motion, with the mannequin’s feet/boots or heels still on the ground. The applicant will place their arms under the mannequin’s arms below the armpit area and around to the chest. Interlocking of the applicant’s fingers is acceptable. The test time will end when both the applicant and the feet of the mannequin dummy cross the designated finish line.

The maximum time allowed to successfully complete the exercise is one (1) minute. Each applicant is given one (1) opportunity to perform this exercise. Pulling in a forward style is prohibited and carrying in any other fashion is also prohibited. If the mannequin is dropped, the applicant can pick the mannequin back up in the same approved manner as described above and continue on with the test.

### **SWIM TEST**

After passing the physical agility test, a swim test will be conducted.

NBPD Officers are near various bodies of water daily basis, both day and night. Applicants should demonstrate the physical ability to swim and remain calm in water. Each applicant will need to bring proper swim attire/swimsuit, and towel for the event. During winter months, an indoor, domed-style, or heated pool may be utilized during testing.

The applicant will jump into the water feet first and remain near the side of the pool at the designated starting point. When given the command “Go”, the applicant will swim one lap across the length of the pool and back, using any forward swimming stroke. The applicant must touch the side of the pool when they complete the first half of the lap before turning to head back to the starting point. Once the exercise begins, the applicant cannot stop until the exercise is complete.

The applicant is considered to have failed the exercise if he/she stops swimming, floats in a resting position, touches the bottom of the pool, or uses the side of the pool for any assistance during the test. Only forward swimming strokes are allowed. Applicants may not hold on to the side during their turn back to the starting point. This is not a timed test.