



CITY OF ROCKWALL POLICE DEPARTMENT PHYSICAL AGILITY

Implementation

The implementation date for the City of Rockwall Police Officer Physical Agility Exercise is August 13, 2005. Beginning this day the City of Rockwall will require all police applicants that pass the written test to complete this added step in the hiring process.

Health and Safety Warning!

We **strongly recommend** that anyone with a physical limitation or medical condition who is considering participation in the physical agility exercise contact their own physician **prior** to the exercise, and withdraw from the hiring process if further participation could be dangerous to the participant's health.

The City of Rockwall, its agents, and employees do not assume any responsibility for your health condition or the effects that the physical agility examination process could have relative to your health condition.

Guidelines

The Physical Agility guidelines utilize the Public Safety Physical Fitness Test Absolute Standards for Municipal Departments and have been determined by The Cooper Institute for Aerobics Research. The Test Batteries and cut-points have been validated for use by municipal police agencies. The following cut-points are the same for both male and female applicants:

<u>Test Battery</u>	<u>Cut-point</u>
1.5 mile run	16:28
Push-ups	25
1 minute sit-ups (min/sec)	29
300 yard dash (seconds)	1:11

Procedures

The Physical Agility procedures are as follows:

- Applicants must pass the written test before taking the Physical Agility.
- Physical Agility Exercise is only a measure, not a pass/fail. A person will be allowed to continue through the hiring process regardless if the cut-points are not met.