POLICE PHYSICAL PERFORMANCE TEST INSTRUCTIONS

This test is designed to evaluate physical characteristics of strength, agility, and endurance associated with physical tasks demanded of Police Officers in the performance of their duties.

YOU WILL BE REQUIRED TO PERFORM THE FOLLOWING EVENTS IN ORDER:

- **FIRST**  Run 300 ft. Obstacle Course
  (Includes negotiating a hurdle and parking blocks)

- **SECOND**  Scale 6 ft. Wall
  (You will be eliminated from the test if your feet touch the ground three times before getting over the wall)

- **THIRD**  Scale 6 ft. Chain Link Fence
  (You will be eliminated from the test if your feet touch the ground three times before getting over the wall)

**MANDATORY 30 SECOND BREAK**

- **FOURTH**  Drag A 165 lb. Dummy 30 Feet

- **FIFTH**  Quarter Mile Run

** You will have 2 minutes to complete the five stages of this test.

** The 30 second mandatory rest is not included in the time total.

** Each stage of this Physical Performance Test will begin with the command “Ready, Set, Go!”

** If you are unable to perform any one of the five events, or fail to complete the test within the allotted time, you have failed the physical performance test.
ACCIDENT WAIVER

WHEREAS, the Personnel Department of the City of Santa Maria, California has called an examination to be held for the City of Santa Maria, and

WEREAS, I, the undersigned have presented to said Human Resources Division my signed application to take this examination, and have been informed that as a part of the Physical Examination for this class it will be necessary for me to demonstrate my ability in several physical tests prescribed.

NOW, THEREFORE, in consideration of there being furnished for my use during said examination the necessary equipment to complete my examination as aforesaid, I hereby agree to save and hold harmless the City of Santa Maria, California, or any other City agency, and/or any of their agents, servants, and/or employees, and I hereby waive any right of action that I may, or shall have against any and/or all of the aforesaid City of Santa Maria, California, or any other City agency, and/or agency of their agents, servants and/or employees, by reason of any accident or injury that I may suffer or have while using any such testing equipment in any test during such examination, whereby I may become injured,

I FURTHER AGREE, to assume responsibility for any property damage or injury to any person caused by me while using the equipment so furnished, or while taking said examination.

IN WITNESS WHEREOF, I hereunto set my hand.

NAME: ______________________ SIGNATURE: ____________________________

DATE: ________________

ADDRESS: _____________________________________________________________

HEIGHT: _______ WEIGHT: _______

<table>
<thead>
<tr>
<th>EVENT</th>
<th>PASS</th>
<th>FAIL</th>
<th>REMARKS</th>
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<tbody>
<tr>
<td>300 foot obstacle course</td>
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<tr>
<td>6 ft. wall scale</td>
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<tr>
<td>6 ft. fence scale</td>
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<tr>
<td>30 foot dummy drag</td>
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<tr>
<td>Quarter mile run</td>
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** Note: 30 second break after 6-foot fence scale is not included in total test time **

TOTAL TEST TIME: ____________________________

RATER: __________________ DATE: _____________