

# Portsmouth Police Department

## Physical Agility Test

### 2020 Schedule:

Agility test will run rain or shine unless the City is under a severe weather Emergency Closure status.

April 21	1300-1700 (1p – 5p)
April 28	1300-1700 (1p – 5p)
May 5	1300-1700 (1p – 5p)
May 12	1300-1700 (1p – 5p)
May 19	1300-1700 (1p – 5p)

The Physical Agility Test will be done at the Portsmouth Police K9 Training Center, 4402 Deep Creek Boulevard, Portsmouth, Virginia 23704.

### TIME STARTS

1. 215' Run/Walk
2. Stair climb (6 steps up, 6 steps down)
3. 105' Run/Walk
4. 50-foot Dummy Drag (160 lbs) – Cannot drop/release control
5. 120' Run/Walk
6. 6 Foot Chain Link Fence Climb (Must get over)
7. 590' Run/Walk
8. Stair Climb (6 steps up, 6 steps down)
9. 30' Run/Walk
10. 4 Foot Horizontal Jump over a sand pit
11. 205' Run/Walk
12. Dry fire a Glock 9 mm Pistol (5 trigger pulls – right hand/ left hand)

### TIME ENDS

**NOTE:** The Glock 9MM pistol will require the slide to be actuated after each trigger pull to reset the trigger.

On the day of the test, an Officer will walk everyone through the course to ensure the applicant knows the route and order of obstacles. You must **complete all** events prior to reaching the time limit of five (5) minutes. If you fail to complete an event or to complete the course prior to reaching the maximum time allowed, you will receive a “FAILED”, which will be reported to the Civil Service Commission.

**A “practice” run must be clearly communicated to the proctor before beginning the course. Any other activity on the course will be considered the applicant’s qualifying test.**