Highlands County Sheriff's Office

Physical Assessment Test Course – Law Enforcement and Detention

Prior to the *Command* to begin, you will be seated in the vehicle with the seat belt buckled, your hands on the steering wheel, and the door closed.

Your time starts upon the *Command* to begin. You will unbuckle the seat belt, retrieve the trunk key from the closed glove compartment, close the glove compartment, and exit the vehicle, moving toward the trunk.

With one hand, you will reach behind your back to touch the opposite side. With the other hand, you will reach behind your back to the opposite side flag. Then you will drop the flag belt.

You will open the trunk and remove the baton and firearm. Leaving the trunk open and the key in the trunk lock, place the firearm on the weapons platform.

While carrying the baton, you will run the 220 yard course and return to the area of the vehicle.

You will enter the obstacle course by going over the 40" wall and stepping over the 24", 12" and 18" hurdles. Then you will run in a zigzag serpentine fashion around 9 cones and low crawl under three 27" obstacles.

Upon reaching the last 2 cones, you will drop the baton, sprint 50 feet to the dummy, drag the dummy 100 feet to the opposite cones, and sprint 50 feet back to retrieve the baton.

You will negotiate the obstacle course in reverse order (low crawls, stepping and wall) and return to the area of the vehicle.

Then you will run the 220 yard course again and return to the weapons platform.

You will place the baton on the platform, pick up the firearm and with your arms fully outstretched, dry fire 6 times with your dominant hand and 6 times with your non-dominant hand using the point shoulder firing position.

Then you will place the baton and the firearm in the trunk, close the lid, and remove the key. Then sit in the driver's seat, close the driver's door, return the key to the glove compartment, close the glove compartment, buckle your seat belt and place both hands on the steering wheel.

Your time stops at this point. *Passing standard is 6 minutes and 4 seconds.*