



# CITY OF GARDENA

## POLICE TRAINEE

### PHYSICAL AGILITY REQUIREMENTS

#### To All Police Trainee Applicants:

The Physical Agility Test (PAT) for the Gardena Police Department consists of five scored examination portions:

1. **Obstacle Course** - Run a 99-yard obstacle course consisting of several sharp turns, a number of curb-height obstacles, and a 34-inch-high obstacle that must be vaulted.
2. **Body Drag** - Lift and drag 165-pound lifelike dummy 32 feet.
3. **Chain Link Fence** - Run 5 yards to a 6-foot chain link fence, climb over fence, continue running another 25 yards.
4. **Solid Fence Climb** - Run 5 yards to a 6-foot solid fence, climb over fence, continue running another 25 yards.
5. **500-Yard Run** - Run 500 yards.

Each exercise is timed. Candidate performance times will be converted into points and summed.

Candidates must accumulate a total score of 384 points **and** complete each exercise within the prescribed times below to pass the Physical Agility Test.

**Obstacle Course** – 14.0 – 33.5 Seconds

**Body Drag** – 2.7 – 27.9 Seconds

**Chain Link Fence** – 4.0 – 15.1 Seconds

**Solid Fence Climb** – 4.0 – 19.6 Seconds

**500-Yard Run** – 0.53 Seconds – 3.19 Minutes



# CITY OF GARDENA

## POLICE OFFICER/TRAINEE

### PHYSICAL AGILITY REQUIREMENTS - RATING SCALE

#### OBSTACLE COURSE

Time in Seconds	Time in Tenths of a Second									
	0/10	1/10	2/10	3/10	4/10	5/10	6/10	7/10	8/10	9/10
14	248	246	245	244	243	241	240	239	238	236
15	235	234	232	231	230	229	227	226	225	224
16	222	221	220	219	217	216	215	213	212	211
17	210	208	207	206	205	203	202	201	200	198
18	197	196	195	193	192	191	189	188	187	186
19	184	183	182	181	179	178	177	176	174	173
20	172	170	169	168	167	165	164	163	162	160
21	159	158	157	155	154	153	152	150	149	148
22	146	145	144	143	141	140	139	138	136	135
23	134	133	131	130	129	128	126	125	124	122
24	121	120	119	117	116	115	114	112	111	110
25	109	107	106	105	103	102	101	100	98	97
26	96	95	93	92	91	90	88	87	86	85
27	83	82	81	79	78	77	76	74	73	72
28	71	69	68	67	66	64	63	62	60	59
29	58	57	55	54	53	52	50	49	48	47
30	45	44	43	42	40	39	38	36	35	34
31	33	31	30	29	28	26	25	24	23	21
32	20	19	17	16	15	14	12	11	10	9
33	7	6	5	4	2	1	0	0	0	0







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#### SOLID FENCE CLIMB

Time in Seconds	Time in Tenths of a Second									
	0/10	1/10	2/10	3/10	4/10	5/10	6/10	7/10	8/10	9/10
4	224	223	221	220	218	217	216	214	213	211
5	210	208	207	206	204	203	201	200	198	197
6	196	194	193	191	190	188	187	186	184	183
7	181	180	178	177	176	174	173	171	170	168
8	167	166	164	163	161	160	158	157	156	154
9	153	151	150	148	147	146	144	143	141	140
10	138	137	136	134	133	131	130	128	127	126
11	124	123	121	120	118	117	116	114	113	111
12	110	108	107	106	104	103	101	100	98	97
13	96	94	93	91	90	88	87	86	84	83
14	81	80	78	77	76	74	73	71	70	68
15	67	66	64	63	61	60	58	57	56	54
16	53	51	50	48	47	46	44	43	41	40
17	38	37	36	34	33	31	30	28	27	26
18	24	23	21	20	18	17	16	14	13	11
19	10	8	7	6	4	3	1	0	0	0



# **CITY OF GARDENA**

## **POLICE OFFICER/TRAINEE**

### **PHYSICAL AGILITY REQUIREMENTS - RATING SCALE**

#### **500-YARD RUN**

Time (Seconds)	Points
53.0 to 55.8	50
55.9 to 58.7	49
58.8 to 61.7	48
61.8 to 64.6	47
64.7 to 67.6	46
67.7 to 70.5	45
70.6 to 73.5	44
73.6 to 76.4	43
76.5 to 79.3	42
79.4 to 82.3	41
82.4 to 85.2	40
85.3 to 88.2	39
88.3 to 91.1	38
91.2 to 94.0	37
94.1 to 97.0	36
97.1 to 99.9	35
100.0 to 102.9	34
103.0 to 105.8	33
105.9 to 108.7	32
108.8 to 111.7	31
111.8 to 114.6	30
114.7 to 117.6	29
117.7 to 120.5	28
120.6 to 123.4	27
123.5 to 126.4	26

Time (Seconds)	Points
126.5 to 129.3	25
129.4 to 132.3	24
132.4 to 135.2	23
135.3 to 138.1	22
138.2 to 141.1	21
141.2 to 144.0	20
144.1 to 147.0	19
147.1 to 149.9	18
150.0 to 152.8	17
152.9 to 155.8	16
155.9 to 158.7	15
158.8 to 161.7	14
161.8 to 164.6	13
164.7 to 167.5	12
167.6 to 170.5	11
170.6 to 173.4	10
173.5 to 176.4	9
176.5 to 179.3	8
179.4 to 182.2	7
182.3 to 185.2	6
185.3 to 188.1	5
188.2 to 191.1	4
191.2 to 194.0	3
194.1 to 196.9	2
197.0 to 199.9	1