



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 six scored examination portions. Each exercise is timed and will be documented for the Administrative Services Bureau record keeping. Candidates must complete each exercise within the prescribed times below to pass the Physical Agility Test.

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. Max Time: 33.5 Seconds
2. **Body Drag** - Lift and drag 165-pound lifelike dummy 32 feet. Max Time: 27.9 Seconds
3. **Chain Link Fence** - Run 5 yards to a 6-foot chain link fence, climb over fence, continue running another 25 yards. Max Time: 15.1 Seconds
4. **Solid Fence Climb** - Run 5 yards to a 6-foot solid fence, climb over fence, continue running another 25 yards. Max Time: 19.6 Seconds
5. **500-Yard Run** - Run 500 yards. Max Time: 120 Seconds
6. **1 ½ Mile Run** – Run 1 ½ miles. Max Time: 15 Minutes