**Albany Police Department**

**Physical Agility Test**

The candidate starts with 1 3/4 laps around the outside of the course and then enters, following the pattern shown on the map. They must jump two small hurdles, climb a flight of stairs, descend the flight of stairs, go around a cone and continue back up and down the stairs again. The candidate jumps over more hurdles and must go under a bar that is 2 ½ feet high. More running and a leap across a simulated 6-foot gap representing a large ditch.

Running back across the floor, the candidate must negotiate a 4-foot-high chain link fence panel, round the cone and run back across the floor. Now the candidate must climb through a standard sized window, which is four feet high, and, once safely through it, drag a 150-pound dummy a distance of 20 feet until the dummy is across the designated line. Now, one more lap around the outside of the course and they are finished. **You have 2 minutes and 6 seconds to complete the test.**