

Los Angeles County Sheriff's Department Reserve Academy Training

P.O.S.T. PHYSICAL AGILITY TEST JOB RELATED WORK SAMPLE TEST BATTERY

In order to graduate from the Los Angeles County Sheriff's Department Reserve Academy, each recruit must demonstrate his/her ability to complete the P.O.S.T. Physical Agility Test. This test will be administered on the first Sunday of the Academy. Each recruit must achieve a minimum score of 384 points. Should a recruit fail this test, they will be given one (1) final opportunity within the next fourteen (14) days to take and pass this test. This remediation test will be held at S.T.A.R.S. Center, on the recruits own time.

The P.O.S.T. Physical Agility Test consists of the five (5) timed events listed below.

99 Yard 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.
Body Drag	Lift and drag a 165 pound dummy a distance of 32 feet.
Chain Link fence	Run 5 yards to a 6 foot chain link fence, climb over the fence, and continue running another 25 yards.
Solid Fence Climb	Run 5 yards to a 6 foot solid fence, climb over the fence, and continue running another 25 yards.
500 Yard Run	Run 500 yards (equivalent to 1 lap plus 60 yards of a standard running track).

Each phase of the Physical Agility Test (except the 500 Yard Run) is run twice and the better of the times is used for the final score. The 500 Yard Run is run once.