



## **ENTRY LEVEL POLICE OFFICER WRITTEN/PHYSICAL AGILITY TESTING INFORMATION**

### **WRITTEN EXAMINATION:**

Approved applicants who meet the minimum qualifications must pass a Civil Service Written Examination with a minimum passing score of 70% or higher. The highest passing written score will be placed at the top of the list and the lowest passing score at the bottom. The exam covers general aptitude and basic cognitive skills with an emphasis on reading, writing and arithmetic. There are no study materials for the written exam. The applicant must pass the written examination as specified to continue forward in the process to the Physical Agility. Backpacks, books, study guides, calculators, tobacco products or drink/food are not allowed at the written test site.

The Physical Agility Test will be held immediately following the grading process on the same date as the written exam.

### **VETERANS PREFERENCE POINTS:**

Applicants who have served on active duty for a minimum of 180 days in the United States Armed Forces, received an honorable discharge, and scored seventy-percent (70%) or higher on the written examination are eligible to receive an additional five (5) points to their written score.

A copy of the applicant's DD-214 indicating the character of discharge, their status as eligible for re-enlistment, and length of active duty service must be submitted with the original application for consideration. Eligible Veterans who pass the written exam with a 70% or better will receive five (5) additional points added

### **PHYSICAL AGILITY**

#### **PURPOSE:**

Applicants must possess the physical agility and ability necessary to perform the continual rigorous physical demands of the position, and to professionally accomplish the assignments of a Police Officer without undue risk of injury or fatigue.

#### **OBJECTIVE:**

To assess the overall general physical capabilities of an applicant and establish a baseline in performing specific functions performed by Police Officers. Applicants must demonstrate they possess an efficient cardiovascular and respiratory system, adequate levels of muscular strength, flexibility and endurance by their successful completion of the physical agility test in which they meet or exceed the physical fitness standards approved by the Department.

Applicants for the position of Police Officer will be tested based on the following components, but not necessarily in this order:

1. 300 Meter Run/Sprint
2. Sit-ups
3. Push-ups
4. Hand Gun Drill
5. Shotgun Drill
6. Suspect/Victim Drag

Applicants must successfully complete each of the six items listed above to advance to the swim test. Each test is graded as pass or fail, based on the standards below. Applicants are strongly encouraged to begin preparing for this portion of the screening process by practicing each of the exercises. Practicing can be very important as exercises may not be as easy as they appear. Applicants that fail any category of the physical exam will be escorted off the premises.

The City of New Braunfels Police Department personnel will be available to demonstrate each exercise to you with the exception of the run and swim test just prior to your exam. It is recommended to wear appropriate clothing and shoes for the Physical Agility testing process, and to bring a proper swim suit and towel for the pool based on changing weather conditions. The City of New Braunfels will provide water during the Physical Agility Test.

### **PHYSICAL AGILITY TEST STANDARDS:**

The current Physical Agility Test components, description of each task, and the minimum acceptable levels to successfully complete the exercise are provided below:

#### **300 METER RUN/SPRINT**

Applicant must successfully complete a 300 meter continuous run/sprint within the following maximum time requirements:

MALES: Age 20-29 = 62.00 seconds; Age 30-39 = 63.00 seconds; Age 40-44 = 77.00 seconds

FEMALES: Age 20-29 = 75.00 seconds; Age 30-39 = 82.00 seconds; Age 40-44 = 106.70 seconds

#### **SIT-UPS**

Applicant must successfully complete continuous sit-ups within one (1) minute and the minimum number of repetitions as follows:

MALES: Age 20-29 = 35 repetitions; Age 30-39 = 32 repetitions; Age 40-44 = 27 repetitions

FEMALES: Age 20-29 = 31 repetitions; Age 30-39 = 24 repetitions; Age 40-44 = 19 repetitions

#### **PUSH-UPS**

Applicant must successfully complete continuous push-ups within one (1) minute and the minimum number of repetitions as follows:

MALES: Age 20-29 = 26 repetitions; Age 30-39 = 20 repetitions; Age 40-44 = 15 repetitions

FEMALES: Age 20-29 = 13 repetitions; Age 30-39 = 9 repetitions; Age 40-44 = 7 repetitions

**Unloaded handguns and shotguns for testing will be provided for you during the Physical Agility Test; DO NOT bring any weapons into the testing location.**

#### **HANDGUN DRILL**

The objective of this test is to evaluate the fitness (strength and endurance) level of the muscle groups involved in the hand and forearm and to a lesser degree in the upper arm and shoulders as required to effectively manipulate and fire a Police handgun.

The applicant will assume a relaxed standing position and grasp the unloaded handgun in their dominant hand by the pistol grip, with their fingers and thumb encircling the grip. The trigger finger is outside of the trigger guard and off the trigger. The non-dominant hand may be used to support the grip. The handgun will then be held at arm's length, with elbow and wrist straight, and the barrel inserted into a four inch (4") circle.

The applicant will be given the command of “ready, fire.” The applicant will then place their trigger finger onto the trigger and pull the trigger to its rearmost position, dry-firing the weapon, and then release tension on the trigger and return the trigger finger outside the trigger guard. The applicant will then remove the handgun from the 4” circle and pull the slide back using their other hand to simulate advancing, or chambering, another round into the chamber of the handgun. The applicant will place the slide of the handgun back in to the 4” circle and dry-fire the hand gun again. This test will be repeated for a total of four (4) trigger pulls.

The applicant shall not have any contact between the handgun and the edges of the four inch circle while performing the trigger pull. If the handgun makes contact with the edges of the circle, the applicant is considered to have failed the test. If the applicant is unable to pull the slide to the rear most position (simulating chambering another round in to the handgun), the applicant is considered to have failed the test. This is not a timed exercise.

### **SHOTGUN DRILL**

The objective of this test is to evaluate the fitness (strength and endurance) level of the muscle groups involved mainly in the hands, forearm, biceps, triceps and shoulder as needed to effectively fire a Police shotgun.

The applicant will assume the starting position by standing erect with feet approximately shoulder width apart. The applicant will grasp the unloaded shotgun by holding the slide with their support hand, and the stock close to the receiver in the shooting hand. The shooting finger should be outside the trigger guard and off the trigger.

The applicant will “shoulder” the shotgun by lifting it up to the shooting side cheek, and placing the butt of the stock into the hollow of the shoulder. The applicant will support the front end weight of the shotgun with the support hand holding the slide. The applicant will then place the barrel of the shotgun inside of a twelve inch (12”) circle.

When the command “ready, fire” is given, the applicant will use the support hand to first pull the slide to its rearmost position, and then push the slide forward until it locks into the foremost position. The applicant will then place the shooting hand forefinger onto the trigger, and pull the trigger to its rearmost position to dry-fire the shotgun, and then release the trigger. The barrel of the shotgun will remain inside the hole for the entire exercise. The applicant will simulate advancing a shotgun round into the chamber of the shotgun by moving the slide fully back and fully forward with the support hand, and dry-firing the shotgun again. The applicant will repeat the entire exercise for four (4) complete pulls of the trigger. The applicant shall not have any contact with any portion of the weapon with the edges of the twelve inch circle to pass this test. If the shotgun makes contact with the edges of the circle, the applicant is considered to have failed the test. This is not a timed exercise.

### **VICTIM/SUSPECT DRAG**

The applicant must drag a mannequin dummy that weighs approximately one hundred sixty-five (165) pounds for a distance of twenty-five (25) feet.

The applicant must lift the dummy from behind and drag it in a backwards walking motion, with the mannequins feet/boots or heels still on the ground. The applicant will place their arms under the mannequin’s arms below the arm pit area and around to the chest. Interlocking of the applicant’s fingers is acceptable. The test time will end when both the applicant and the feet of the mannequin dummy cross the designated finish line.

The maximum time allowed to successfully complete the exercise is one (1) minute. Each applicant is given one (1) opportunity to perform this exercise. Pulling in a forward style is prohibited, and carrying in any other fashion is also prohibited. If the mannequin is dropped, the applicant can pick the mannequin back up in the same approved manner as described above, and continue on with the exam.

## **SWIM TEST**

NBPD Officers are near various bodies of water on a daily basis, day and night. Should a mishap occur, the need to remain calm and work through the situation would be demonstrated by the applicant's ability to overcome such an incident. After passing the physical agility test, a swim test will be conducted later the same day; the time and place will be announced. Each applicant will need to bring proper swim attire/swim suit, and towel for the event. During winter months, an indoor, domed-style, or heated pool will be utilized during testing.

This is a pass/fail test. This test consists of swimming one lap across the length of the pool and back, using any forward swimming stroke, after the command to jump into the water. The applicant is considered to have failed the test if they stop swimming or stand up in the pool at any time before the test is completed.