

# From the Desk of Detective Dave

*The Police Department*

*Physical Agility Test*

*June 2017*



Did you know that Frederick police officers have to stay in shape? Every spring, members of Frederick Police Department begin testing their physical fitness beginning with the annual Law Enforcement Torch Run for Special Olympics, followed by the departmental obstacle course that each officer is required to complete in a designated amount of time.

As part of the Law Enforcement Torch Run for Special Olympics, members of the tri-town police agencies will join together to run from Frederick to Johnstown. This is the first leg of the event that 14 law enforcement agencies across Weld County participate in. The final leg ends at the Island Grove Regional Park in Greeley.

Two weeks after the Torch Run each officer will be required to participate and pass a physical agility test as outlined in the departmental policy. The participant must run a distance of about 250 yards (the approximate length of the entire course), encountering numerous obstacles along the way. The maximum allotted time is 2 minutes and 25 seconds. Most of our officers are able to complete the test well under the 2 minute mark.

Testing must be completed by the applicants in the exact sequence listed below.

- Begin seated in a patrol car
- Begin running (the total distance of the course is approximately 250 yards)
- Climb over a 6 foot high wooden fence
- Run up 2 flights of stadium stairs
- Run down 2 flights of stadium stairs
- Run between and around six obstacles (traffic cones)
- Duck under two low hanging obstacles of two different heights
- Climb through a window safely
- Move a dummy (approximately 160-170 pounds) entirely past a line 20 feet away
- Timing is stopped when the entire dummy crosses the line
- The fastest time between the two stop watches is recorded

Last year Commander Norris and I tied at 1 minute, 32 seconds. He's going down this year!

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