



The Yukon Police Department requires that all applicants for the position of Police Officer successfully complete a Physical Agility Test regardless of the applicant's age.

The physical agility and written testing will be held on Saturday, **May 11<sup>th</sup>, 2013.**

-Physical Agility tests will be held at the Yukon Middle School Stadium located at 1000 W. Yukon Avenue starting at **7:30 a.m.** Applicants **MUST** pass all sections of the Physical Agility in order to participate in the written test.

-Written test will be conducted at the Yukon Police Department located at 100 S. Ranchwood and will begin at **2:00 p.m.**

The Physical Agility Test consists of two (2) separate timed tests. Applicants must successfully complete each task within the time given to continue through the test. Both sections must be completed to continue in the hiring process:

1. The Yukon Police Department's Test

- 18 Standard Push-Ups within a 1 minute and 30 second time limit
- 27 Sit-Ups within a 1 minute and 30 second time limit
- Running 300 meters within a 68second time limit
- Running 1.5 miles in a 15 minute and 20 second time limit

2. A close version of the required CLEET Cadet Physical Test for Safe Participation

- Run: A test monitor will give the candidate verbal instructions to "GO" and the candidate will begin the run around the gym (approximately 332 total feet).
- Step and Slide to Left: At the conclusion of the run, the candidate will then step and slide sideways (shuffle) to their left and continue for a distance of about 30 feet.
- Diagonal Shuffle to Rear and Right: After stepping and sliding to their left, candidates will step and slide backwards (rear diagonal shuffle) to their right and behind them (at an approximately 35 degree angle) for approximately 33 feet.
- Step and Slide to Right: After completing the backwards diagonal shuffle, and after turning around, the candidate will step and slide sideways (shuffle) to their right for about 30 feet.
- Diagonal Shuffle to Rear and Left: After stepping and sliding 30 feet to their right, and while still facing the same direction, candidates will step and slide backwards (front diagonal shuffle) to their left and behind them (at an approximately 35 degree angle) for approximately 33 feet.
- Crawl on Stomach: After the rear diagonal shuffle, candidates will get on their stomachs and crawl a distance of approximately 20 feet using their elbows and forearms only, and with their legs bent so that their feet are up in the air. Candidates will crawl with their elbows and forearms, and without the use of their legs (simulating legs that are not functioning), **\*\*Hands CANNOT touch the ground\*\*.**



Pre-Employment Physical Agility Test

Applicants Physician Release

Applicant Release of Liability

- **Bear Crawl:** Candidates will get down on their hands and feet, then crawl a distance of approximately 20 feet using their hands and feet only.  
**Candidates must re-attempt this component while the time is running if their knees, elbows, or other parts of their body touch the floor during the component.**
- **Obstacle Dodge:** The candidate will maneuver, in a zig-zag manner, around obstacles (which are traffic cones positioned on the ground).
- **Weight Drag (approximately 95 lbs):** The candidate will drag a weight completely past a line 20 feet away. Timing of the test stops when the entire weight passes over the line.

### **CRITERIA FOR PASSING THE OBSTACLE COURSE**

Candidates must successfully complete all components in **2 minutes and 22 seconds** or less.

Oklahoma law requires all law enforcement officers to attend and successfully complete a basic training program approved by the Council on Law Enforcement Education and Training.

If a Yukon Police Applicant is required to attend the CLEET Basic Academy, you will be required to pass the "official" CLEET Cadet Physical Test for Safe Participation administered by CLEET before the start of the July 2013 academy.



Pre-Employment Physical Agility Test

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**Official Waiver of Liability and Release of ALL Claims  
Police Applicant Physical Agility Test**

**Instructions: Please read this form carefully and completely. Then sign and date the form at the bottom. This release MUST be brought to the Physical Agility Test or you will not be allowed to participate in the process.**

I declare and represent that I received a sample written description of the Physical Agility Test and am aware of what this test entails. I further declare and represent that I am now in good health, that I am familiar with and understand the nature of the Physical Ability Test, that I am physically and medically fit to participate in the tests, and that my personal attire is safe and fit for participation in the test. I personally assume any and all risks of injury with respect to all matters pertaining to my participation in the test, including death, damage, or loss which I may sustain as a result of participating in any activities associated with the test. I hereby consent and agree to all of the following terms and conditions.

**Acknowledgment of Risk** As a participant in the Police Applicant Physical Agility Test, I recognize and acknowledge that there are certain risks of physical injury. I agree to assume the full risk of any injury, including death, damage or loss which I may sustain as a result of participating in any and all activities connected with or associated with the test.

**Waiver of Liability and Release of All Claims** I do hereby for myself, heirs, executors and administrators, and other parties claiming under or through me, fully waive, relinquish, release, and forever quit-claim and discharge The City of Yukon and all its elected officials, officers, agents, employees and examiners from any and all liability, claims, demands, actions, and causes of action whatsoever arising out of or related in any way to any loss, damage, or injury (including death) that may be sustained by me while participating in the Police Applicant Physical Agility Test, or upon the premises where the test is begin conducted, whether the loss, damage, injury, or death results from the negligence of The City of Yukon or its elected officials, officers, agents, employees or examiners, or is otherwise caused.

**Indemnity and Defense** I do hereby agree, for myself, heirs, executors, and administrators, and other parties claiming under or through me, to indemnify and hold harmless and defend The City of Yukon and its elected officials, officers, agents, employees, and examiners from any and all claims, suits or demands, actions, or causes of action whatsoever arising out of or related in any way to loss, damage, or injury (including death) that may be sustained by me while participating in the Police Applicant Physical Agility Test, or upon the premises where the test is being conducted.

**Other** I understand that the test administration staff may remove me from the test if they believe I might endanger myself or be an endangerment to others.

I hereby certify and declare that I have read all of the foregoing terms, conditions, and declarations, and I fully understand and agree to them.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Printed Name

**This release MUST be brought with you to the Physical Agility Test**

CITY OF YUKON

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