



County of San Bernardino

Probation Department

## The Physical Agility Test



As a condition of employment for **Probation Officer** positions, candidates will be required to pass a Physical Agility Test prior to appointment. Candidates who are successful in the written examination and referred to the department for interview may be invited to participate in the Physical Agility Test, which is administered by the Probation Department.

The **Physical Agility Test** will consist of the following:

- 99 Yard Obstacle Course: Run a 99 yard obstacle course with 90 degree turns, 8" curbs, and a 3' saw horse hurdle.
- Body Drag: Lift and drag a 165 lb. bag or life-like dummy 32 feet.
- Chain Link Fence: Climb a 6 foot chain link fence followed by a 30 yard run.
- 500 Yard Run: Run 500 yards (equivalent to 1 lap plus 60 yards of a standard running track).

**NOTE:** All events are timed and scored. Applicants must obtain a minimum passing score in each test in order to move on to the next component. In addition, they must meet the overall passing score to be successful.

We suggest the following in preparation:

- Wear proper jogging/walking shoes and comfortable (non-binding) gym clothing for these tests.
- Warm up properly before completing these tests.
- Consult your physician, if necessary, before performing these tests.

**NOTE:** You will be required to sign a waiver before completing these tests.

