

Physical Agility Test

Medical staff will conduct resting heart rate and blood pressure readings. A three minute step test will be completed. Immediately after completion of the step test, heart rate and blood pressure readings will be obtained again. If blood pressure and heart rate readings are within acceptable limits, participants will proceed to one of four stations. Participants with blood pressure and heart rate readings that are not within the acceptable limits will be monitored by medical staff and not allowed to proceed further.

Station 1:

Participants will complete the following:

- A. Sit-ups 1 minute
- B. Push-ups 1 minute
- C. Bench press 64% of body weight
- D. Vertical jump

Station 2:

Participants will complete the SCCJA approved obstacle course. This will include running, jumping, climbing stairs, low crawling, climb over a 4 ft. wall, climbing through a window, moving/dragging a weight (Redman dummy), while changing direction on the run. *(See page 2)*

Station 3:

Participants will run 300 meters in a straight line.

Station 4:

Participants will complete a 1.5 mile run.

After completion of the run all participants will be monitored by medical staff before they are allowed to leave. All stations will have sufficient monitors/spotters and a CPR/First Aid Instructor on site. Medical staff (3) will also be on site. Water and shaded areas will be provided.

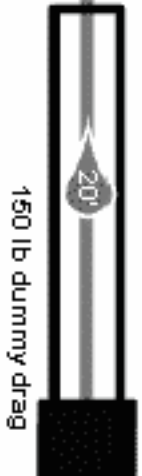


FINISH

55'

55'

55'



20'

150 lb dummy drag

13'

13'



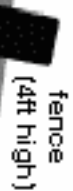
window
(4ft high)

13'



TURN

46'



fence
(4ft high)

13'



TURN

13'



6ft jump

39'



TURN

13'



TURN

13'



low crawl

26'

13'

13'

13'

13'

13'

13'

13'

13'



ENTER



hurdle



hurdle



stairs 13ft



TURN

50'

50'

50'

45'

50'

50'

START



not drawn to scale