

Physical Agility Testing

The physical agility testing is held every Thursday at Coastal Carolina Community College. The test is held at 8:30am on the back of the campus between the outdoor basketball courts and the tennis courts. Each Applicant can choose to participate in either test. The Applicant must clearly indicate to the testing deputy which test they intend to take. If the Applicant has questions about the physical agility testing they can contact the Personnel Office of the Sheriff's Office.

Law Enforcement Physical Agility Test

- Applicant will begin test seated in the driver's side of a patrol vehicle. Their seat belt must be fastened with both hands on the steering wheel. Administering instructors must randomly select and provide Applicant with two (2) street names. All street names must be selected from those listed on the POPAT Applicant Evaluation Form and only provided seconds before the test begins.
 - On the command ("GO!") the timed event begins. Applicant must exit patrol vehicle, advance on foot and return a total of 200 yards to the front passenger side door of patrol vehicle.
 - Applicant must then open passenger vehicle door and remove seat belt fastened victim from passenger area, drag subject 50 feet and gently place on ground.
 - Applicant must then scale a stair case (5 steps up & 5 steps down) three times without skipping steps. Applicant then advances 25 feet on foot from stair case to open a "body force" door with 50 pounds of resistance weight affixed.
 - Once through the door, Applicant must complete 20 push-ups then 20 sit-ups (in that order). Push-ups are NOT modified and require Applicants to lower themselves four (4") inches parallel to the ground and to raise to a full triceps extension for one (1) complete repetition.
 - Sit-ups are conducted with arms placed firmly across the chest and knees bent at 90 degrees. Applicant may rest in any position, but time continues to elapse.
 - Applicant returns 25 feet to scale stair case (5 step up & 5 steps down) three times without skipping a step.
 - Applicant proceeds 25 feet from stair case to enter 40 feet culvert. Applicants are to crawl completely from one end to the other.
 - Once through the culvert, Applicant must complete 20 push-ups then 20 sit-ups (in that order). See above criteria.
 - After second push-up and sit-up event, Applicant advances and returns 200 yards on foot to passenger side of vehicle.
 - Applicant grabs standing victim next to the front passenger door of vehicle and drags same 50 feet. After gently placing body on the ground, Applicant will recite two (2) street names provided at the beginning of the test.
 - Seven minutes twenty seconds to complete (7:20).
-

Detention Officer Physical Agility Test

- Complete 10 push-ups and 10 sit-ups
- Maneuver through 40' culvert
- Negotiate the stair case: 3 times both sides
- Force way through door held closed with 50 pounds of weight
- 10 push-ups and 10 sit-ups
- 550 Yard Run (3:00)
- Twenty minutes to complete total test