



DIVISION OF CAPITOL POLICE

Work Performance Ability Course

Events:

1. **Start:** The officer will be seated in a chair to simulate emerging from a patrol car and await instruction.
2. **Physical Description:** You will be provided with verbal instruction to pursue a fleeing felony suspect (fictitious) by providing a description of what the suspect is wearing (ex: hat and matching shirt on one of the simulated suspects). You will be provided with two pieces of descriptive information. You will then be instructed to "GO" and time begins. You must then complete the following tasks.
3. **Run:** You must sprint a distance of 25 yards to the 1st task (a total of 150 yards will be run in total during the course).
4. **Jump:** You must jump a distance of 3 feet.
5. **Run:** Sprint 25 yards to the next task.
6. **Climb:** Climb over a five foot wall.
7. **Run:** 10 yards to the next task.
8. **Crawl:** You must crawl through a structure 24" high and 10 feet long without touching the structure.
9. **Run:** 25 yards to next task.
10. **Climb Steps Up & Down:** You must step up & down an 8" high step using the up/up, down/down movement. The step climb must be twelve complete moves.
11. **Run:** 15 yards to the next task.

- 12. Climb through Opening:** You must climb through a 36" wide by 30" high opening (window frame) located 36" off the floor (no touching / grabbing top of window).
- 13. Run:** 10 yards to next task.
- 14. Identify Suspect:** Based on description, you must identify the suspect out of four figures, each numbered and dressed differently. You must yell out the correct suspect number.
- 15. Turn and Run:** 15 yards to next task.
- 16. Suspect/ Victim Move:** You must move a 150 pound dummy beyond a designated line 5 yards away. When moving the dummy, you must protect its head and neck and lift under its arms. The dummy must completely cross the line.
- 17. Run:** 20 yards to next task.
- 18. Pull Trigger:** You must pick up a safe weapon from the table using your dominant hand to pull the trigger once while holding the barrel inside the 6 inch diameter opening at shoulder level. Withdraw the weapon from the circle and transition to non-dominant hand. Place inside diameter and pull trigger one time. Timing stops when you place the gun back down on the stationary table.

Criteria for completing the course

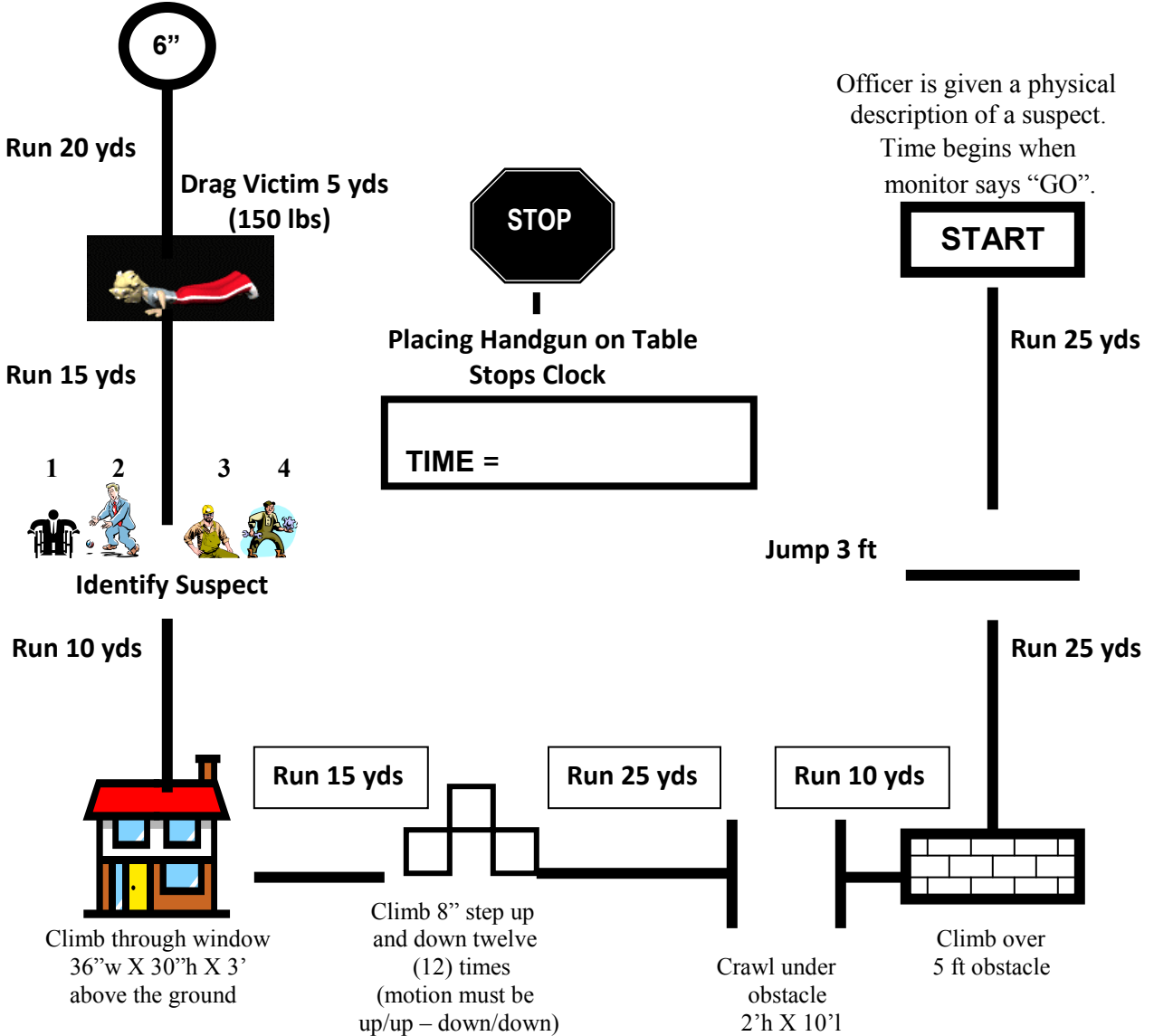
1. Participants must complete all events in the specified sequence and time (1min: 22sec) or they will fail the course. Participants who fail the course as a result of not completing an event may retake it one time.
2. Participants must completely identify the suspect.
3. A 5 second penalty will be added to your overall time for errors made at each obstacle. Ex: naming wrong suspect, barrel of gun hitting frame...
4. Upon completion you will be told your time and informed if you successfully completed all the tasks.

Division of Capitol Police
WORK PERFORMANCE ABILITY COURSE WORKSHEET

Time Cap - 1min. 22 sec.

Place barrel of weapon through 6" opening
Pull trigger once – dominant hand
Pull trigger once – non-dominant hand

Based on room, the course map may change.
However, the yards, obstacles and their order will not.



Department: Division of Capitol Police

Name: _____

(Last)

(First)

(M.I)

Date of Birth: ____/____/____ **Age:** ____ **Gender:** M F (circle one)

Date of Test: _____

(Time)