

Obstacle Course Description

The course measures a total of 1600 feet (487 meters). The course consists of a series of ten (10) interspersed individual tasks, arranged in a continuous format that are viewed as being essential (physical) job related tasks for Law enforcement / Correctional training:

- Running – 300 meters
- Horizontal Jump– a distance of four (4) feet
- Climbing over an object – over an object four (4) feet
- Climbing Steps – Ascend/Descend two (2) flights of stairs
- Jumping Down – Four (4) feet
- Serpentine - Changing direction in run
- Low Crawling – 24-inch-high obstacle
- Vertical Jump – Low Hurdle - fifteen (15) inches
- Moving/Dragging Weight (160 pound dummy) – Move thirty (30) feet
- Handgun Trigger Pull & Slide Manipulation

Each of the ten (10) tasks will be evaluated by an Instructor / Evaluator as Pass / Fail. If you fail an obstacle, the Instructor / Evaluator will direct you to re-attempt the obstacle. You are allowed a maximum of three (3) attempts per obstacle, and each station must be successfully completed before moving to the next obstacle task.

To successfully complete the course you must pass all ten (10) obstacle tasks within 3 minutes and 30 seconds. Your time starts when you begin the 300 meter run, and the clock continues to run for the duration of the course, including all attempts at each obstacle task. The time stops in one of three ways: 1) completion of the final obstacle task (placing the Training Handgun back on the table); 2) the third failure at an attempted obstacle; or 3) at the time cap of 3 minutes and 30 seconds.

The course is outlined as such:

1. The candidate runs 300 meters.
 - Demonstrate the ability to run for 300 meters.

2. At the end of the 300 meter run, the first obstacle encountered is the four (4) foot Horizontal Jump.
 - Candidate will clear the Horizontal Jump which is four (4) feet in width. Tape will mark the beginning and end of the four (4) foot distance.

3. After the Horizontal Jump, the next obstacle encountered is climbing over a four (4) foot obstacle.
 - Candidate will demonstrate a safe procedure to climb over an obstacle at least four (4) feet in height.

4. Once the four (4) foot obstacle is cleared, the candidate will move to the bleacher area for the stair climb/descend.
 - Candidate will demonstrate the ability to run up and down at least 2 flights of stairs, touching all steps.

5. After the stairs the next obstacle is the four (4) foot jump down.
 - Candidate will demonstrate a safe procedure to execute a jump down from a height of at least four (4) feet.

6. Next obstacle is the changing direction run, in which the candidate will maneuver a serpentine consisting of eight (8) cones, seven (7) feet wide.
 - Candidate will enter the serpentine, turn to the right and without touching/knocking over the cones, will successfully navigate the serpentine course.

7. Once the serpentine is completed the candidate will move to the low crawl obstacle, twenty-four (24) inches high, six (6) feet wide, ten (10) feet long.
 - Candidate must crawl through the structure without touching the top of the structure.

8. After the low crawl, the next obstacle is the fifteen (15) inch high low hurdle.
 - Candidate will jump over the obstacle without touching the obstacle.

9. Next the candidate will drag a 160 - pound dummy thirty (30) feet.
 - Candidate will move the 160 - pound dummy beyond the designated thirty (30) feet mark/cone. The candidate can use their method of choice on how to carry/drag the dummy.

10. Last obstacle is the handgun trigger pull/slide manipulation.
 - Candidate, using their dominant hand, will pick up a Training handgun (not capable of firing) from the bench, manipulate the slide to simulate chambering a round, then insert the muzzle in a six (6) inch diameter hole of a target and squeeze the trigger, without touching the edges of the hole in the target. The candidate will then remove the muzzle from the hole, safely switch the firearm to their non-dominant hand, insert the muzzle back into the six (6) inch diameter hole, squeeze the trigger without touching the edges of the hole.

11. Once the handgun is placed back on the bench, time will stop.

