Physicians Statement and Ability Test Description

Ability Test Components

220 Yard Shuttle Run

- The run is structured in four (4) consecutive legs of fifty-five (55) yards each, for a total of two hundred twenty (220) yards.
- The shuttle run course must be completed by the applicant in a time of forty seven (47) seconds or less.

Obstacle Course

- The obstacle course is designed to simulate pursuing a fleeing suspect around, over and through various objects. The course requires that applicants be able to run through serpentine patterns of cones, traverse stairs, jump/climb over a four (4) foot barrier, step/jump over an eighteen (18) inch low hurdle, and run/walk over a series of four (4) inch posts on the ground.
- The obstacle course must be completed by the applicant in a time of forty two (42) seconds or less.

Body Drag

- The body drag is designed to simulate the rescue of an injured person in a life threatening situation. The applicant must drag/lift/carry/pull a one hundred fifty (150) pound dummy a distance of forty (40) feet across a carpeted surface.
- The body drag must be completed by the applicant in a time of twenty (20) seconds or less.

Physician's Statement of Ability to Test

Applicants must have this form completed by a physician prior to participating in the physical ability portion of the applicant testing process.

I, _____, have reviewed the above description of the Ocean City
(Physician's Printed Name)

Police Department's Applicant Ability Test and certify that _____:
(Applicant's Printed Name)

Please check one: ☐ Can safely perform this test ☐ Can ***NOT*** safely perform this test

_____ _____
Physician's Signature *Date*

_____ _____
Applicant's Signature *Date*