



Ocean City Police Department

Ocean City, Maryland

Physical Ability Test

220 Yard Shuttle Run

- The run is structured in four (4) legs of fifty-five (55) yards each for a total of two hundred twenty (220) yards.
- The participant will begin:
 - From Start/Finish, sprint fifty-five (55) yards
 - Turn 180 degrees around cone and sprint fifty-five (55) yards to Start/Finish
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- The course must be completed in forty-seven (47) seconds or less.

Obstacle Course

- The obstacle course is designed to simulate pursuing a fleeing suspect around various obstacles.
- The participant will:
 - Run around seven (7) traffic cones
 - Sprint to and traverse a set of stairs
 - Sprint to and cross over a low hurdle
 - Run across six (6) four (4) inch posts
 - Sprint to and jump/climb over a four (4) foot barrier
 - Run to the finish line while dodging five (5) traffic cones
- The course must be completed in 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 participant will:
 - Drag/lift/carry/pull a one hundred fifty (150) pound dummy a distance of forty (40) feet on a resistant surface.
- The task must be completed in twenty (20) seconds or less.