BASIC MOTOR SKILLS TESTING

BROWARD COLLEGE[SM]

INSTITUTE OF PUBLIC SAFETY

www.broward.edu/ips

FLORIDA REGION THIRTEEN

CRIMINAL JUSTICE TESTING CENTER

INTRODUCTION

The Basic Motor Skills Test consists of two parts: the Strength and Endurance Test and the Job Task Course. Part One includes four activities and Part Two includes 16 activities. Each applicant must successfully complete each activity to be permitted to continue with the test. In order to pass the test, the applicant must complete all activities successfully.

NOTICE

Every person who uses the facilities of the Institute of Public Safety does so at his or her own risk. Broward College assumes no responsibility for any injury or loss of any kind whatsoever sustained by any person while participating in Basic Motor Skills testing or any related activity.

No person may enter the test course or field unless under the immediate supervision of an Institute of Public Safety staff member.

Testing will not be conducted during inclement weather, or at any time at which the Testing Center staff determines that conditions or circumstances would make testing unsafe.

PART ONE

Strength and Endurance

The Strength and Endurance test consists of four activities. In order to complete an activ-ity, the applicant must meet all requirements listed for time, distance, and number of rep-etitions. The applicant must successfully complete each activity in or-der to be permitted to continue.

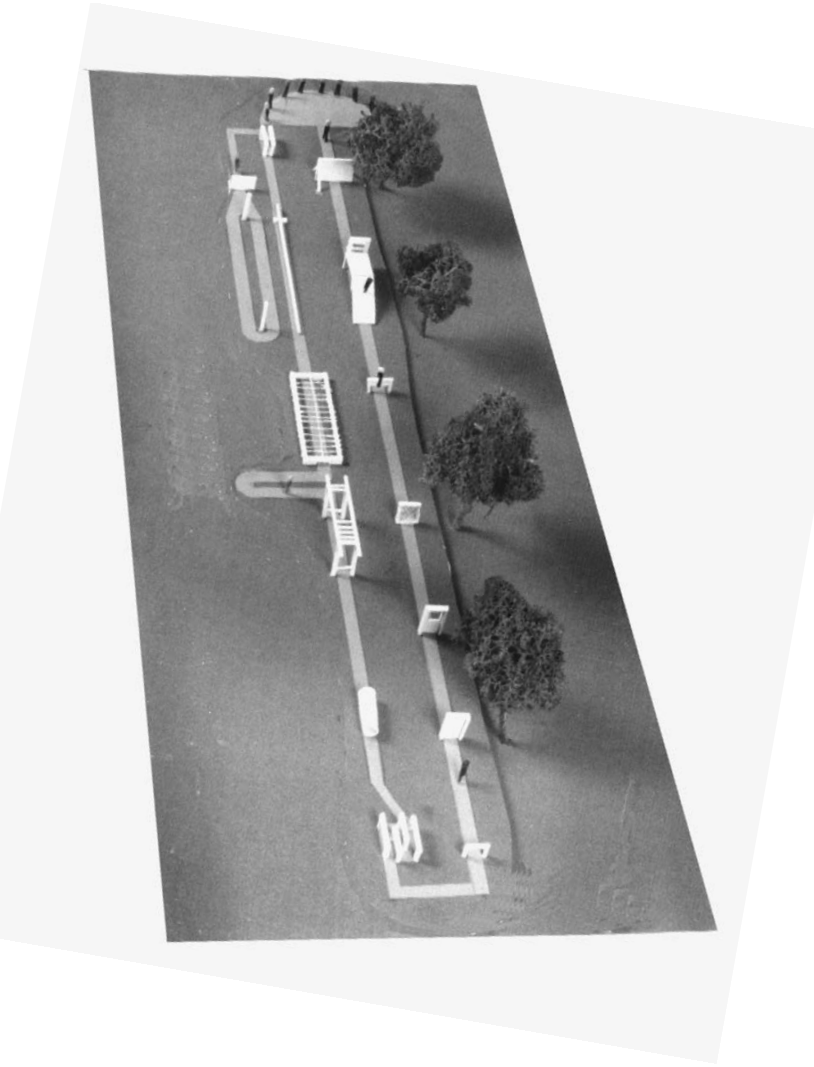
The Part One activities are listed below:

1. Trigger Pull - 24 Strong Hand 18 Off Hand
2. Push Ups - Minimum of 10
3. Standing Broad Jump
4. Half Mile Run - 4:30 or less

PART TWO

Job Task Course

The **Job Task Course** consists of 16 activity stations which replicate barriers and obstacles commonly encountered in law enforcement and tests skill, strength, stamina, and speed needed in basic law enforcement operations. The course must be completed within 2:00 from the time the applicant leaves the start line. Each station must be executed in the manner indicated in the text provided.



High Wall

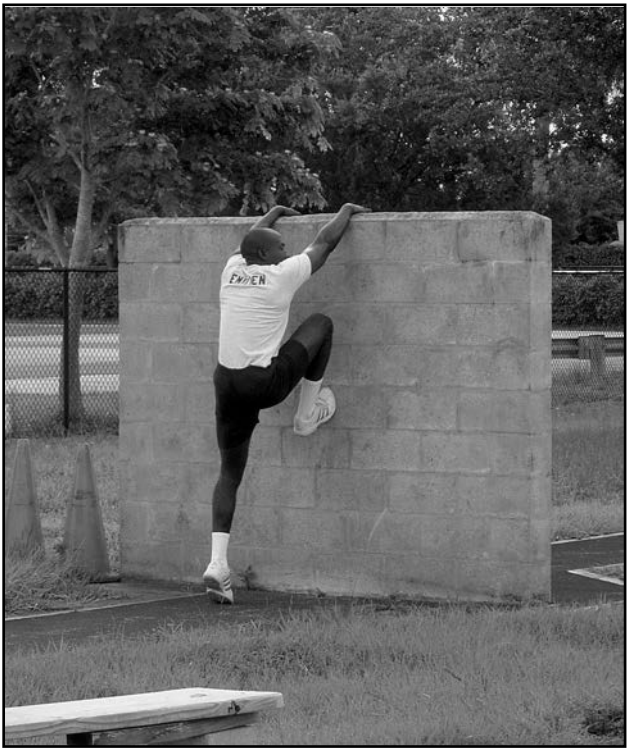


Figure 1

Description and Purpose

This station consists of a vertical masonry wall rising to a height of six feet above the running surface. It simulates walls of similar height and construction frequently encountered in business and commercial districts and enclosed residential developments.

Execution

Approach from the starting point, grasp top of the wall with both hands, surmount wall, and drop to ground on opposite side of the wall, landing on feet with knees flexed sufficiently to avoid injury. Both hands and both feet may be used in surmounting the wall.

STATION 2

Ladder-Platform-Ramp

Figure 2

Description and Purpose

This station consists of a stationary vertical ladder with six rungs and a top crossbar rising 7-feet above the running surface, a horizontal platform, and a downward slanting ramp. It simulates a variety of obstacles which may be encountered in foot pursuit, including ladders, building parapets, rooftops, and loading ramps.

Execution

Approach from direction of Station 1, ascend ladder using both hands and feet; climb over top crossbar of ladder, proceed across platform and down ramp on foot.

STATION 3

Fixed Railing

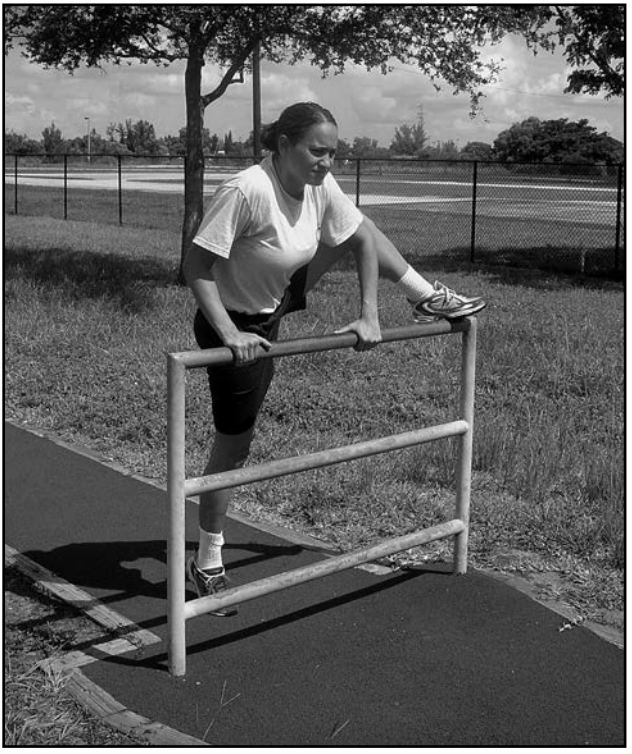


Figure 3

Description and Purpose

This station consists of a metal railing approximately three feet tall, at a right angle to the direction of the course. It simulates fixed railings of similar height encountered in many locations.

Execution

Approach from the direction of Station 2, grasp top rail with both hands and force body weight over rail, landing on both feet on opposite side.

DO NOT ATTEMPT TO JUMP OVER RAIL WITHOUT USING HANDS.

Chain Link Fence

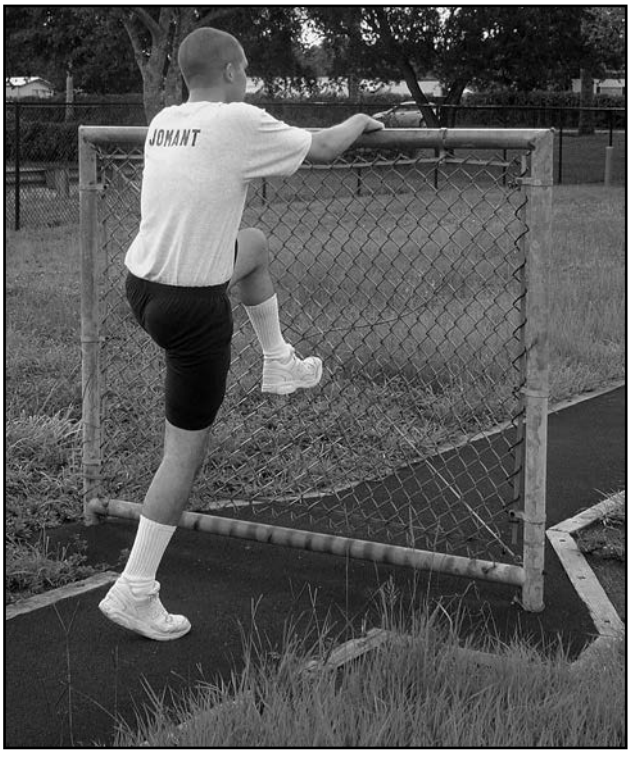


Figure 4

Description and Purpose

This station consists of a panel of woven fence in a tubular steel frame rising approximately five feet above the running surface. It simulates chain link fences and gates frequently encountered in foot pursuit.

Execution

Approach from the direction of Station 3, grasp top rail of tubular frame while placing foot high in the fence panel. Force body weight over obstacle, landing on both feet on opposite side.

STATION 5

Window

Figure 5

Description and Purpose

This station consists of a concrete wall with a window opening approximately three feet eight inches above the running surface. It simulates window openings in buildings and other structures which may be encountered during foot pursuit.

Execution

Approach wall from the direction of Station 4, enter window by placing hands on sill and climbing through, landing on feet on opposite side.

DO NOT DIVE THROUGH WINDOW.

Door

Figure 6

Description and Purpose

This station consists of a masonry wall with a standard width door which is hinged on the left and opens toward the previous station. It simulates doors and/or gates which might be encountered during foot pursuit, both of which must be returned to the closed position after passage, for security, safety, or other reasons.

Execution

Approach closed door from the direction of Station 5, grasp knob and pull door open; release knob and pass through opening; grasp knob on opposite side with same hand, pull door closed engaging latch mechanism before continuing on course.

KEEP HANDS CLEAR OF DOOR EDGE AND DOOR JAM AT ALL TIMES.

Fixed Railing

Figure 7

Description and Purpose

This station consists of a metal railing approximately three feet tall, at a right angle to the direction of the course. It simulates fixed railings of similar height encountered in many locations.

Execution

Approach from the direction of Station 6, grasp top rail, landing on both feet on opposite side. Turn right 90 degrees and proceed to Station 8.

DO NOT ATTEMPT TO JUMP OVER RAIL WITHOUT USING HANDS.

Maze

Figure 8

Description and Purpose

This station consists of sets of parallel wooden rails controlling direction of travel and requiring two 180-degree changes in the degree of travel. It simulates pursuit situations which require quick changes of direction in confined spaces.

Execution

Turn right to enter station from the direction of Station 7, follow course as restricted by rails, turning right 180-degrees, and then turning left 180-degrees. Exit bearing left toward next station.

DO NOT TOUCH RAILS WHILE EXECUTING THIS STATION.

Tunnel

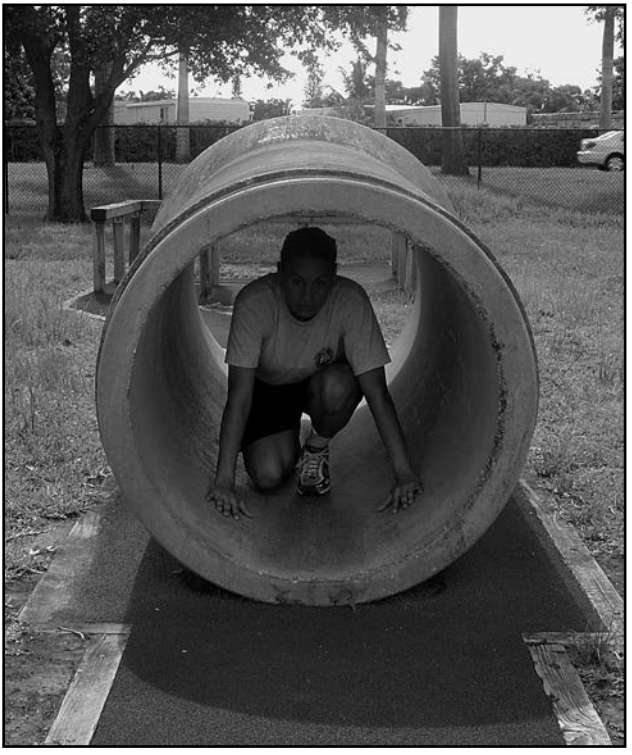


Figure 9

Description and Purpose

This station consists of a concrete pipe, 8-feet long, with an inside diameter of three feet. It simulates narrow crawl spaces into which officers might have to enter in pursuits, rescue efforts, and evidence searches.

Execution

Enter station from the direction of Station 8 and crawl through, exiting opposite end.

EXERCISE CAUTION TO AVOID STRIKING HEAD ON UPPER RIM OF PIPE.

Overhead Ladder

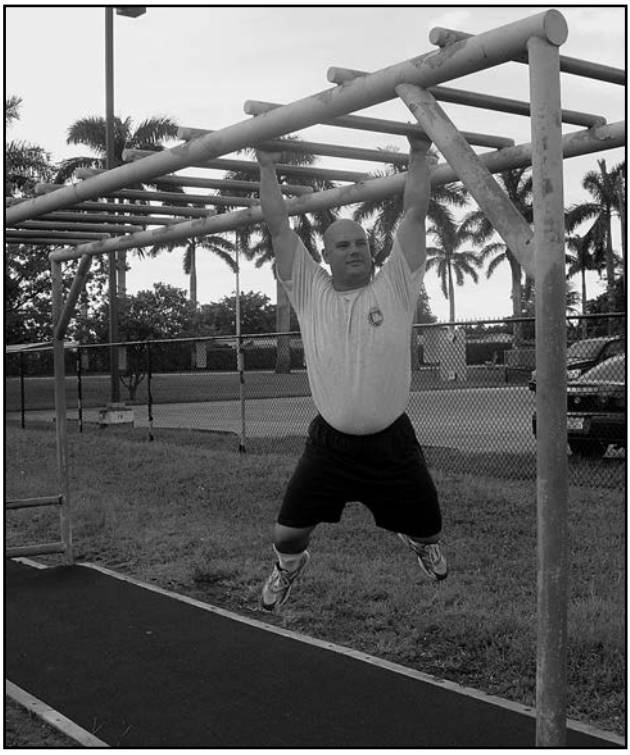


Figure 10

Description and Purpose

This station consists of a horizontal overhead ladder 18-feet long with 12 rungs, approximately 7-feet high. It serves as a test of arm and hand strength, coordination, and stamina.

Execution

Approach from the direction of Station 9; step carefully onto crossbar and grasp first rung. Step off crossbar and move toward opposite end of station without coming into contact with the running surface by either grasping each successive rung. Exit by dropping to the ground with knees flexed suffi-ciently to avoid injury. Upon exiting Station 10, turn left and follow running surface to the 180-degree turn, turn right 180-degrees, proceed to next turn, turn left, STOP, and begin Station 11.

Rope Grid

Figure 11

Description and Purpose

This station consists of an area 30 feet long, divided by nylon rope to create 12 individual compartments on each side of a center dividing line. It serves as a test of agility, coordination, and stamina.

Execution

Enter from the left turn by placing left or right foot in the corresponding space of the first pair of compartments. Continue through grid, stepping alternately into each compartment.

EXERCISE CAUTION WHILE STEPPING INTO EACH COMPARTMENT TO AVOID TRIPPING.

Log

Figure 12

Description and Purpose

This station consists of a log, 40 feet in length, in the center of the running surface, lying parallel to the direction of travel. It serves as a test of balance and coordination.

Execution

Approach from the direction of Station 11, step onto log and walk along the top of the log to the opposite end.

DO NOT RUN ALONG THE TOP OF THE LOG.

Parallel Bars

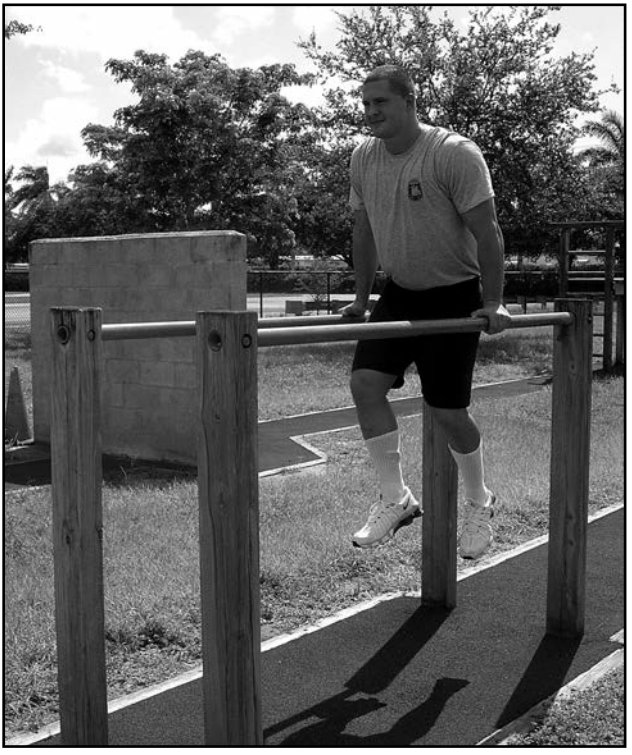


Figure 13

Description and Purpose

This station consists of two parallel steel bars seven feet long and two feet apart, mounted approximately 4 - feet above the running surface. It serves as a test of hand, arm, and upper body strength.

Execution

Enter from the direction of Station 12, with both hands, grasp the bars at the center of the gray portion and thrust body upward. Extend both arms, locking the elbows, and proceed forward without touching the running surface by advancing each hand alternately at least three times. Drop to the ground carefully, landing on both feet, with knees flexed sufficiently to avoid injury. Turn left, move forward to next turn, turn left again, and advance to Station 14.

Low Wall

Figure 14

Description and Purpose

This station consists of a vertical masonry wall rising to a height of approximately four feet above the running service. It simulates walls of similar height and construction frequently encountered in business and residential areas.

Execution

Approach on running surface, as previously indicated, place both hands on the wall, force body weight upward and drop to opposite side, landing on both feet with knees flexed sufficiently to avoid injury. Bear to right and continue on course.

POLE RUN

Figure 15

Description and Purpose

This station consists of an elongated loop in the running surface with a narrow turf infield. At the ends of the infield are two vertical cones approximately 36 feet apart. The station serves as a test of speed, agility, and balance.

Execution

Enter from Station 14, passing to the right of cone number one. Proceed around loop two complete laps, making four complete 180-degree turns. Time measurement stops when runner has **completed** second full turn around cone number one. Exit by carefully stepping off course after completing second full turn around cone number one.

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