



MUNICIPAL POLICE OFFICERS' EDUCATION AND TRAINING COMMISSION

8002 Bretz Drive
Harrisburg, Pennsylvania 17112-9748
<http://www.psp.pa.gov/MPOETC>

OBSTACLE COURSE CHECKLIST & CRITERIA

This form is to be used by police academy staff to document Obstacle Course completion by cadets during training.

All information on this form must be neatly printed and legible even when scanned

CADET NAME		ACADEMY	
INSTRUCTOR NAME		DATE	COURSE COMPLETION TIME

SKILL EVENT	SATISFACTORY	UNSATISFACTORY	REMEDIATION	NOTES
1. EXIT PATROL VEHICLE				
2. MANEUVER LOW OBSTACLES (6") WITH DIRECTIONAL CHANGES				
3. CLIMB OVER FIVE (5) FT. SOLID WALL				
4. CROSS OVER MEDIUM OBSTACLE (36"X3')				
5. DRAG 165 LB. DUMMY				
6. CARRY 25 LB. MEDICINE BALL				

COMMENTS:

CRITERIA:

EXIT PATROL VEHICLE - Cadet starts in the driver's seat in a seated position with the seat belt properly engaged. Cadet will remove the seat belt and cleanly leave the car without getting tangled in the seat belt.

MANEUVER LOW OBSTACLES (6") WITH DIRECTIONAL CHANGES - Cadet moves swiftly to maneuver over low obstacles and through directional changes, simulating chasing a suspect over curbing and surface changes. Cadet will complete these portions of the course without falling or faltering.

CLIMB OVER FIVE (5) FT. SOLID WALL - Cadet will maneuver over a 5' solid wall without using handles or side struts for support. Cadet will complete climbing over the wall smoothly without assistance.

CROSS OVER MEDIUM OBSTACLE (36"X3') - Cadet will cross over a 36" x 3' obstacle. The cadet may place hands on the obstacle to maneuver over the obstacle; but must do it cleanly without catching on it or falling.

DRAG A 165 LB. DUMMY - Cadet will simulate dragging an unconscious or immobilized adult to cover. Cadet will complete this action when the dummy is positioned behind the wall. Cadet can re-position the dummy; but must complete this portion of the course without dropping the dummy.

CARRY A 25 LB. MEDICINE BALL - Cadet will simulate carrying a 25 lb. child to safety. Cadet will complete this action without dropping the dummy prior to reaching the finish line.

ACADEMY DIRECTOR (NAME)

LEAD PHYSICAL FITNESS INSTRUCTOR (NAME)

DATE