

## **Phase I - Chase and Apprehension Scenario**

Begin sitting in a chair

On the command of "Go" the participant will get up from the chair, advance forty (40) feet around the cone and back around the chair two (2) times.

The participant will then do a four (4) foot broad jump, which will be indicated by two (2) lines on the ground four (4) feet apart. The participant must clear the line for the event to count.

The participant will then clear a four (4) foot fence. This event must be accomplished safely, which will be performed by placing both hands on the fence and going over top of the fence in the safest manner possible.

The participant will then crawl under a two (2) foot obstacle. If the participant moves the obstacle, it will be placed back into position, and the participant must attempt the obstacle again until successfully completed.

The participant will then go around the back cone, and run back to the roll bag and the mat.

Once at the bag roll, the participant will mount the bag in a straddle position. The participant will begin with their outside knee down on the ground. As they roll over top of the bag, the participant will be careful to make sure that their outside knee touches the ground. As they roll back over, their original outside knee must touch the ground. This will count as one (1) repetition. The participant needs to do three (3) of these rolls.

The participant will then complete 20 push-ups. The push-up form will be defined as the participant having their hands about shoulders-width apart, body straight and off the ground in a fully extended position. The participant will then lower themselves to where their chin will touch a four (4) inch foam block and return to a fully extended position for the repetition to count.

The participant will then complete three (3) more bag rolls, using the same technique previously described.

The participant will then get up from the bag roll station and complete the obstacles for a second time

- Four (4) foot broad jump
- Four (4) foot fence
- Two (2) foot low crawl
- Run around the back cone and advance to the step box station

The participant will then complete thirty (30) steps on the step box. The participant has to place both feet on the box and both feet back down to complete one (1) repetition.

The participant will then complete three (3) bag rolls

The participant will then complete twenty (20) push-ups using the four (4) inch foam block

The participant will then complete three (3) bag rolls

Once the knee touches on the final bag roll, the time will stop and the participant's time will be recorded

The participant will be given a minimum of ten (10) minutes rest before moving on to the next part of the test.

### **Phase II - Rescue Scenario**

The participant will start at a cone, advance fifty (50) feet around another cone and back two (2) times.

The participant will then complete thirty (30) steps on the step box. The participant has to place both feet on the box and both feet back down to complete one (1) repetition.

The participant will advance fifty (50) feet around the original cone and back two (2) times.

The participant will return to the station where the dummy will be laying on the ground, with the head behind the line.

The participant will drag the dummy backwards across the twenty-five (25) foot mark, indicated by a cone, and back across the original line. There is no wrong way to drag the dummy but the participant has to move backwards while dragging.

Once the dummy is across the original line, time will stop and the participant's time will be recorded.