

Physical Ability Test

This test consists of a standardized obstacle course which was created and recommended by the FDLE Criminal Justice and Standards Training Commission for Police Officers. It simulates activities that may be encountered while working in this position at the Lakeland Police Department.

The course consists of the following tasks (not necessarily in the order you may experience them):

- 220 yard run (twice)
- Jump over a four (4) foot wall
- Run through a series of cones
- Jump over a series of three (3) small hurdles
- A low crawl under three (3) hurdles
- Drag a 150 pound dummy for 75 feet