

Chesterfield County Police utilize the LawFit Work Performance test as our pre-employment physical fitness test.

The test is pass/fail. If at any time during the performance test, a participant is unable to complete one of the listed tasks, they will be disqualified. You must complete the course in two minutes or less (2:00). You may attempt each task as many times as needed to complete the task. For example: if you fail to get over the wall on your first attempt, you may continue trying to get over the wall as many times as needed keeping in mind that the course must be completed in two minutes or less. Each participant will be given a total of three chances to complete the course. If after three chances, the participant is unable to complete the course on a given test date, they are disqualified and are able to retake the test at our next testing date.

The test must be completed by the participant in the exact sequence listed below:

- The participant will be given a physical description of a suspect and will start from a seated position inside of a vehicle when told to begin.
- Run/Sprint 25 yards.
- Jump a distance of 3 feet in length.
 - If the participant starts or ends the jump within the defined area, the task is not completed.
- Run/Sprint 25 yards.
- Climb over a five (5) foot high wall.
 - If the participant is unable to go over the wall, the task is not completed.
- Run/Sprint 10 yards.
- Crawl under an obstacle 24" (inches) high and 10' (feet) in length.
 - Participant must crawl through the obstacle without touching the top or sides of the structure. If unable to crawl the complete distance or if the participant raises the bottom of the obstacle, the task is not completed.
- Run/Sprint 25 yards.
- Climb up and down a 8" (inch) step with both feet for 12 repetitions.
 - Climb up and down a step using the movement of up/up, down/down. Example: first foot up, second foot up, first foot down, second foot down. The step must be 12 repetitions. If the participant does not have both feet on the step for counting or is unable to finish 12 complete repetitions, the task is not completed.
- Run/Sprint 15 yards.
- Crawl through window opening (36" wide x 30" high x 3' above the ground).
 - If participant is unable to pass through the opening, the task is not completed. NO diving through the opening. The participant must not touch the top of the window frame.
- Run/Sprint 10 yards. Identify suspect.
- Based upon previous description provided, the participant must identify the proper suspect by yelling out the correct number located directly above the image.
 - If the participant incorrectly identifies the suspect, the task is not completed.
- Run/Sprint 15 yards.
- Move a 150-pound dummy 5 yards.
 - The participant must move a 150-pound dummy beyond a designated area five yards away. When moving the dummy, participant must protect the head and neck by lifting under the arms. If the participant is unable to move the dummy completely past the designated line, the task is not completed.
- Run/Sprint 20 yards.
- Trigger pull exercise
 - The participant must pick up a safe, ready to fire double action training firearm from a holster affixed to the obstacle using the dominant hand to pull the trigger once while holding the muzzle inside a stationary border 6 inches in diameter at shoulder level. Then withdraw the weapon from the stationary border and transition to nondominant hand, replace in border and pull trigger one more time. If the participant is unable to pull the trigger, touches the ring with the firearm, or fails to insert the muzzle into the stationary border the task is not completed.