

# SWAT Team

## Physical Agility Standards

Index Code: 1805.1  
Effective Date: 11/01/08 (Revised 6/22/2021)

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### I. Purpose

The purpose of this directive is to establish physical agility standards which all SWAT team candidates and members must achieve and maintain as a functional member of the team.

### II. Policy

It is the policy of the Office of the Sheriff that all members of the SWAT team satisfactorily complete and maintain the physical agility standards as outlined below. Failure to do so is grounds for rejection and/or continued participation as a SWAT team member.

### III. Physical Agility Standards

#### A. Vertical Raises

The candidate/member must be able to complete five vertical raises (pull ups) using a horizontal bar or beam, starting in the hanging position with the palms facing away from the body and the arms fully extended. For the repetition to be counted the chin must be completely seen over the bar or beam at the conclusion of the upward motion.

#### B. Sixty (60) Yard Run

The candidate/member must be able to run sixty (60) yards carrying a one person ram while in full SWAT gear.

#### C. Thirty (30) Yard Crawl

The candidate/member must be able to "low crawl" a minimum of thirty (30) yards in full SWAT gear, including gas mask. In the low crawl position the elbows and knees must be touching the ground at all times.

#### O. Team Member Removal

The SWAT Team candidate/member must be able to move a standard "Dummy," one hundred ninety pounds (190 lbs.) in weight, a minimum of twenty (20) yards while in full SWAT gear. The "Dummy" represents an injured team member that needs to be removed from an unsafe location. Any safe carrying, pulling or dragging technique may be used.

#### E. Push-ups

The candidate/member must be able to perform a minimum of twenty-five (25) push-ups.

#### IV. Additional Standards and Review

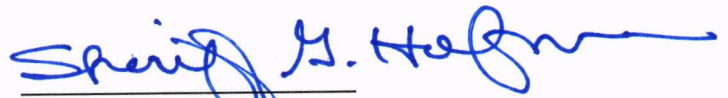
During training exercises, the SWAT Team **Commander or** Leader may incorporate additional physical agility tests; however, those additional tests will be for training purposes only and will not supersede the standards outlined in this directive.

A **documented** yearly review of the current standards will be conducted by the Team Commander and Team Leader to ascertain if the physical agility standards need to be changed.

X. CALEA References: None

XI. Cancellation of directive 1805.1 dated 8/23/16

XII. Proponent Unit: SWAT Team



Sheriff Gary Hofmann