



Toms River Police Department



Physical Task Assessment October 13, 2024

- The physical task assessment is a task oriented examination utilized to measure your ability to perform functions that you will encounter as a police officer.
- The physical task assessment consists of the following four timed events:
 1. Police Pursuit
 2. Fire Rescue
 3. Rapid Aid Endurance Run
 4. Swim Test
- The cumulative time for the Police Pursuit, Fire Rescue, and Rapid Aid Endurance Run will be 120.0 seconds and below.
- The time for the Swim Test is 1 minute 45 seconds and below.
- **Candidates that fail to complete the Physical Task Assessment in accordance with the above listed times will not advance to the next step of the process.**



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Physical Task Assessment

1. Police Pursuit Event

EVENT 1

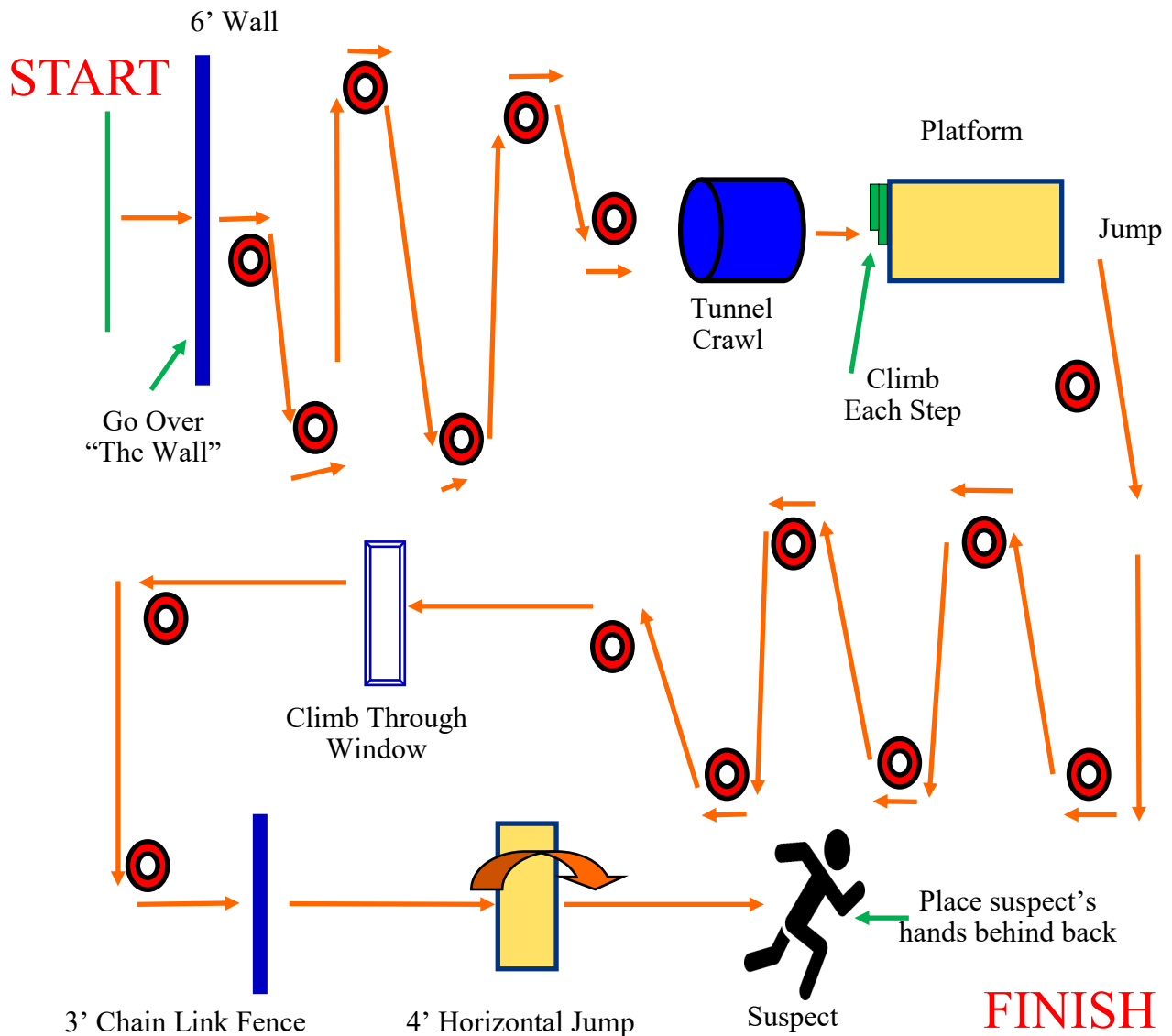


Diagram is not to scale and for reference only



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2. Fire Rescue

EVENT 2



Pick up fire extinguisher, run to victim, return victim to safety.

3. Rapid Aid Endurance Run

EVENT 3

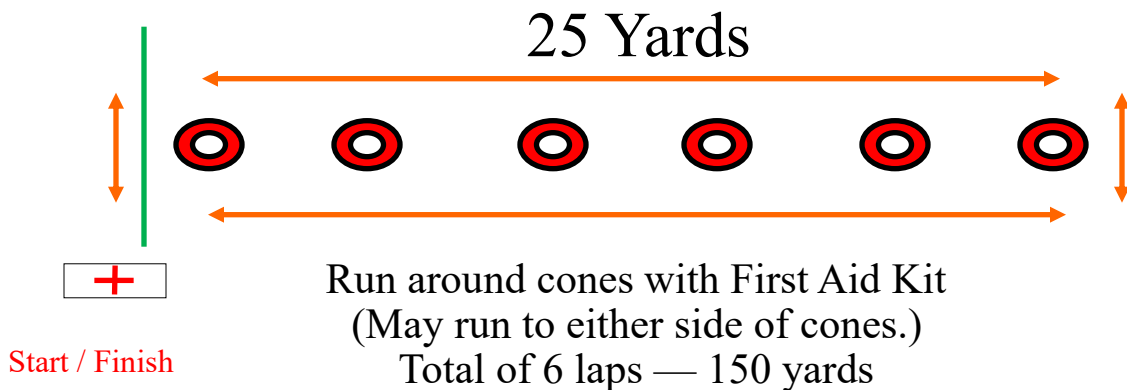


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4. Swim Test

EVENT 4

- You will be required to swim 2 $\frac{3}{4}$ laps in a 25 meter pool, stop, tread water momentarily and then dive down and retrieve a weighted object and bring it to the side of the pool.
- You **MUST** complete this within 1 minute and 45 seconds.