

VDGIF

LAWFIT® PERFORMANCE ABILITY COURSE

Attempt to fire training pistol
thru a six inch opening. L & R hands.

CONTINUE RUN

Run 50 yds



Officer is given a physical
description of a suspect.
Time begins when
monitor says "GO".

Run 20 yds

**Drag Victim
5 yds**



150 lbs

Run 15 yds



Identify Suspect

**Run 25
yds**



Jump 3 ft

Run 10 yds



Climb through window
36" w X 30" h X 3'
above the ground

Run 15 yds

Climb 8" step up
and down twelve
(12) times
(motion must be
up/up – down/down)

Run 25 yds

Crawl under
obstacle
2'h X 10'l

Run 10 yds

**Run 25
yds**



Climb over
5 ft obstacle