

**Georgia Department of Public Safety
Policy Manual Exhibit**

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| EXHIBIT OBSTACLE COURSE | EXHIBIT NUMBER 25.03-3 |
| REFERENCE 25.03 - SELECTION OF MEMBERS TO THE STATE OF GEORGIA SWAT TEAM | DATE REVISED 4/21/2015 |

A. Purpose

The purpose of the obstacle course is to determine the physical capability of the member in performing tasks necessary for the accomplishment of SWAT missions.

B. Requirements

1. The course shall be run in a tactical vest provided by the training cadre. The participants shall wear their helmets and gloves. All obstacles shall be properly negotiated. Team medics shall be on hand in case of emergency.
2. Participants shall be required to perform a certain common series of physical tasks while wearing designated equipment to simulate an actual tactical operation.

C. Course

The total distance of the course is 150 yards and shall be completed in less than five minutes. The participant shall sprint between steps 1 through 12.

1. Hurdles – The participant negotiates three hurdles (5, 6, and 7 foot).
2. Wall climb - The participant climbs over a 10-foot wooden wall with the use of a rope.
3. Pole ladder - The participant climbs over a 20-foot pole ladder.
4. Hurdles – The participant negotiates three hurdles (all 4 foot).
5. Tires – The participant negotiates a series of tires laid on the ground.
6. Low crawl – The participant crawls under a chain link mesh that is 2 feet above the ground.
7. Serpentine – The participant weaves through a series of posts.
8. Balance beam - The participant traverses a beam 30 feet long.
9. Ladder climb - The participant climbs a 5-foot ladder.
10. Sprint – The participant sprints 50 yards.
11. Wall climb - The participant climbs over a 6-foot wall unaided.
12. Body drag - The participant drags 165 lb. dummy 20 yards.