

Alameda County Sheriff's Office  
S.W.A.T. Performance Standards Test

Event Standards:

Pursuit / Rescue Climb: Minimum of two pull-ups

Assault Dash: Maximum time 8.0 Seconds

Tactical Obstacle Course: Maximum time: 4 minutes 15 seconds

Event Descriptions:

**Pursuit Rescue Climb:**

The candidate must come to a full hang from a standard horizontal pull-up bar. Utilizing upper body strength only, the candidate must pull up to a position where the chin is above the bar. While doing the pull-ups, the candidate must wear a SWAT vest weighing 25 pounds. The vest should fit properly.

The Candidate should be given the following instructions:

“Start at a dead hang. On the command ‘up’, pull yourself up to where your chin is above the bar. The backs of your hands must be facing you, and you may not swing your legs. Once your chin is in the correct positions, you will be given a count to let you know the number of pull-ups you’ve completed. When you hear the count, you’ll know the pull-up is acceptable and you can return to a full hang position. Once in the full hang position, wait for the command ‘up’ to again pull yourself up to where your chin is above the bar. Continue this same procedure until you cannot do any more pull-ups.”

**Assault Dash:**

Candidate should wear SWAT vest totaling 18 pounds and a helmet. The candidate must start from a prone position and carry an unloaded 870 shotgun (Red Gun). They must run the 40 yards as quickly as possible. The maximum time allowed is 8 seconds. A verbal start command is given for the start. A stop watch capable of timing to one one-hundredth of a second is required. The vest and helmet should fit properly so as to not prevent the candidate from performing their best.

**Tactical Obstacle Course:**

No SWAT gear or equipment is required. Candidate should be dressed in PT gear. The candidate must complete an 880-yard course, consisting of two laps and three job related tasks on a 440-yard oval running track.

At the 220-yard to 260-yard marks, the candidate must negotiate a 40-yard running weave consisting of nine cones placed five yards apart, with a lateral dispersion of five yards. Candidates must run to the left of the cones positioned on the inside of the track and to the right of the cones positioned on the outside of the track.

At the 440-yard mark, candidates must stop and drag a supine victim ten yards to safety. The SWAT rescuer must complete the ten-yard rescue drag without any assistance from the victim. The victim should weigh a minimum of 175 pounds and a maximum of 225 pounds attired in his/her SWAT body armor and helmet. (Effort should be made to match the victim's weight to the candidate's weight as closely as possible) the victim should cross their arms over stomach. Only the victim's feet may be in contact with the track during the rescue drag.

At the 660-yard mark, the candidate must renegotiate the running weave, this time dropping to the prone position (chest and hands in contact with the track) behind each of the nine alternately positioned cones.

It is recommended that staggered starts be utilized and no more than four candidates be tested at a time. Candidates may use elbow and knee pads for this event if desired.