

SANDBAG DRAG SCRIPT

1. The purpose of the Sandbag Drag is to assess your physical capability to drag a load over a distance of 20 m.
2. You must drag the sandbags a distance of 20 m. There is no time limit to this task; however it must be done continuously, without using the handles or strap and without stopping.
3. To start, you will pick up the sandbag and hold it using a cradle carry (both hands underneath the sandbag).
4. Ensure the sandbag is high on your chest with the straps coming out from the bottom, without it wrapping around the sandbag.
5. Once you are ready, walk back until you feel tension in the strap. Once you feel tension in the strap, you may begin.
6. Your time starts when you initiate movement to begin.
7. Once your movement has started, you must drag the sandbags to the opposite 20 m line, without stopping.
8. Once the front row of sandbags touches the 20 m line, you will hear the command "CLEAR".
9. Once you hear the command "CLEAR," your time is stopped and recorded to the nearest tenth of a second.
10. If you do not cover the 20 m due to lack of control (for example, you fall down), you may wait five minutes and reattempt once.
11. If you do not cover the 20 m due to fitness (for example, you cannot move the sandbags), your task is terminated and there is no reattempt.