



# SHERIFF, OHIO COUNTY

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Law Enforcement 304-234-3680

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## PHYSICAL FITNESS STANDARDS

*As of April 17, 2017*

### **PURPOSE:**

Applicants must possess the physical agility and ability necessary to perform the continual rigorous physical demands of the position, and to professionally accomplish the assignments of an Ohio County Deputy Sheriff without undue risk of injury or fatigue.

### **OBJECTIVE:**

To assess the overall general physical capabilities of an applicant and establish a baseline in performing specific functions performed by Deputy Sheriffs. Applicants must demonstrate they possess an efficient cardiovascular and respiratory system, adequate levels of muscular strength, flexibility and endurance by their successful completion of the physical agility test in which they meet or exceed the physical fitness standards approved by the Department.

Applicants for the position of Deputy Sheriff will be tested based on the following components, but not necessarily in this order:

- 1.5 Mile Run
- Sit-ups
- Push-ups
- Wall Climb
- Dummy Drag
- Hand Gun Drill

Applicants must successfully complete each of the six items listed above to advance to the swim test. Each test is graded as pass or fail, based on the standards below.

Applicants are strongly encouraged to begin preparing for this portion of the screening process by practicing each of the exercises. Practicing can be very important as exercises may not be as easy as they appear. Applicants that fail any category of the physical exam will be escorted off the premises.

Ohio County Sheriff's Office personnel will be available to demonstrate each exercise to you with the exception of the run and swim test just prior to your exam. It is recommended to wear appropriate clothing and shoes for the Physical Agility testing process. Long pants, long sleeve shirt, and towel are required for the swim portion of the test.

# PHYSICAL AGILITY TEST STANDARDS

The current Physical Agility Test components, description of each task, and the minimum acceptable levels to successfully complete the exercise are provided below:

## **1.5 MILE RUN**

Applicants must be able to complete the 1.5 mile run within 14 minutes, 30 seconds.

Equipment: A stopwatch or clock with a sweep second hand; an indoor or outdoor track or another suitable running area measured to 1.5 miles; testing forms to record data.

- The student should refrain from smoking or eating for two hours preceding the test.
- Allow adequate time prior to the test for stretching and warm-up exercises.
- During the administration of the test, the students can be informed of their lap times. If several students run at once, their individual times at the finish can be called out and recorded later.

An important consideration at the end of the run is the "cool down" period. The students should be cautioned about sitting or standing around immediately after the run to prevent venous pooling. They should be instructed to walk an additional five minutes or so in order to enhance venous return and aid in recovery.

## **SIT-UPS**

Applicants must be able to complete 29 properly executed sit-ups within one minute.

- The student starts by lying on the back, knees bent, heels flat on the floor, hands folded across the chest touching the shoulders.
- A partner holds the feet down firmly.
- In the up position, the student should touch the elbows to the knees and then return until the shoulder blades touch the floor. Any resting must be done in the up position.

## **PUSH-UPS**

Applicants must be able to complete 19 properly executed push-ups within one minute.

- The hands are placed about shoulder width apart. The administrator places a fist on the floor below the student's chest.
- Starting from the up position (elbows fully extended), the student must keep the back straight at all times and lower the body to the floor until the chest touches the administrator's fist. Student then returns to the up position.

## **HANDGUN DRILL**

The objective of this test is to evaluate the fitness (strength and endurance) level of the muscle groups involved in the hand and forearm and to a lesser degree in the upper arm and shoulders as required to effectively fire the OCSO Duty handgun.

The applicant will assume a relaxed standing position and grasp the unloaded handgun in the right hand by the pistol grip, with their fingers and thumb encircling the grip. The trigger finger is outside the trigger guard and off the trigger. The handgun will then be held at arm's length, with the elbow and wrist straight, and the weapon inserted into a seven inch (7") circle.

The applicant will be given the command of "ready, fire." The applicant will then place their trigger finger onto the trigger and pull the trigger to its rearmost position, dry-firing the weapon, and then release tension on the trigger to allow it to return to the foremost position. The applicant will keep the handgun inside of the hole and dry-fire the weapon 14 times. The applicant will remove the weapon from the circle, switch to their left hand, and repeat the test again.

The applicant shall not have any contact between the handgun and any portion of their hand or arm and the edges of the seven inch (7") circle while performing the test. If anything makes contact with the edges of the circle, the applicant is considered to have failed the test. This is not a timed exercise.

## **WALL CLIMB**

The applicant will be required to climb over the 5 foot wall without using any bracing located on the sides of the wall. You must also make sure that your entire body goes over the wall. In other words, you are not allowed to place your hands on the wall and vault over it in a manner that puts your upper body over the wall, but the lower part of your body goes around the outside of the wall, near the braces/supports. You are also not allowed to dive or jump over the fence. You may use any portion of the facing- wall or top of the wall to climb over.

Applicants will begin standing ten feet from the wall. On command, the applicant will move towards the wall and climb over top. Applicants will have thirty (30) seconds to touch the ground on the opposite side of the wall.

## **DUMMY DRAG**

The applicant must drag a mannequin dummy that weighs approximately one hundred sixty-five (165) pounds for a distance of twenty-five (25) feet.

The applicant must lift the dummy, by the pre-placed nylon strap, and drag it in a backwards walking motion, with the mannequins feet/boots or heels still on the ground. The test time will end when both the applicant and the feet of the mannequin dummy cross the designated finish line.

The maximum time allowed to successfully complete the exercise is one (1) minute. Pulling in a forward style is prohibited, and carrying in any other fashion is also prohibited. If the mannequin is dropped, the applicant can pick the mannequin back up in the same approved manner as described above, and continue on with the exam.

## **SWIM TEST**

Ohio County Deputies work near various bodies of water on a daily basis, day and night. Should a mishap occur, the need to remain calm and work through the situation would be demonstrated by the applicant's ability to overcome such an incident. After passing the physical agility test, a swim test will be conducted. Each applicant will need to bring long pants, long-sleeve shirt, and towel for the event. (No sweatpants or sweatshirts)

Applicants will begin in the pool against the wall. On start command, the applicant will swim one lap across the length of the pool and back, 50 meters, using any forward swimming stroke. The applicant is considered to have failed the test if they stop swimming or stand up in the pool at any time before the test is completed.

Upon completion of the swim test, applicants will remain in the pool against the wall. On the start command, applicants will push off the wall to approximately 6 feet from the wall. Applicants cannot touch the walls or the bottom or use clothes as a flotation device. Applicants must tread water for three (3) minutes. This is a pass/fail event

Any applicant failing an event will be allowed a second attempt at that event before moving to the next event, with the exception of the 1.5 mile run and Swim test.

Applicants who are ultimately unable to pass any event, in the allowed number of tries, will be removed from the hiring list.