

# **THE FLOYD COUNTY SHERIFFS' OFFICE**

## **PHYSICAL FITNESS TEST FOR APPLICANTS**

The Floyd County Sheriffs' Department Merit Commission has adopted these physical fitness standards to ensure that each officer candidate, if hired, is in such condition that he can perform his duties without placing himself at undue risk of injury or illness due to his physical limitations. Also to provide the most able and effective police service we can offer to the citizens of Floyd County.

### **REQUIREMENTS:**

The physical fitness assessment will be a combination of two parts.

### **PART 1: COOPER TEST**

The Cooper test consists of five events designed to measure aerobic endurance, muscular endurance, muscular strength and anaerobic power with an adequate rest period between each event. Applicant must meet or exceed the listed minimum standards for these five events to continue to the next stage in the hiring process.

#### **1.5 Mile Run**

This is a timed run to measure the heart and vascular systems ability to transport oxygen. It simulates the aerobic capacity for sustained pursuit. This test will be conducted on a 400 meter track and each individual will be timed.

Scoring: The number of minutes and seconds taken to complete 1.5 miles.

#### **One Minute Push-up Test**

This test is a measure of muscular endurance of the arms and shoulder girdle muscles, which is important when performing police tasks that require upper body strength. Extend arms and place hands on the floor approximately shoulder width with fingers pointing forward, head forward, and buttocks down, keeping the body in a straight line. Weight is supported on the hands and toes. Bending elbows, lowering chest until it is approximately three and one half (3 1/2) inches from the floor, then return to the starting position with elbows fully extended. During this exercise: Elbows must be fully extended when in the up position, buttocks may NOT be raised, knees may NOT touch the floor, resting is permitted in the up position only.

Scoring: Total number of push-ups completed in one minute.

#### **One minute Sit-up Test**

This test is also a test of muscular endurance, but in the abdominal muscles. It is an important area for performing police tasks involving force, for maintaining good posture, and for minimizing lower back problems. During the test the applicant will have knees bent up at a 45 degree angle with hands interlocked behind their head. When the test begins someone will hold applicants feet, elbows must touch the knees in the up position and the shoulder blades must touch the floor in the down position. The buttocks can not be raised, resting is permitted only in the up position.

Scoring: Total number of sit-ups completed in one minute.

### One (1) Repetition Maximum Bench-Press

This is maximum weight pushed from the bench press position and measures muscular strength of the upper body. This is an important area when performing police tasks requiring upper body strength. The test will be performed on an Olympic size weight bench. Applicant will lie flat with legs straddling the bench and feet flat on the floor. Place hands on bar shoulder width apart and wrap fingers and thumbs around the bar. Fully extend the arms, bring the bar down and touch the chest, then fully extend the arms. During this exercise: The buttocks may not be raised in an attempt to gain leverage nor may you bounce bar off of the chest. The applicant will get five (3) lifts. He/she should start with a comfortable weight for warm up and work up to his/her maximum. Applicant will choose his/her own increases in weight. Weight belts and gloves will be allowed, but no "benching shirts" or similar items will be permitted.

Scoring: Ratio of weight pushed divided by body weight.

### Vertical Jump

This is a measure of anaerobic power (explosive leg strength). It is an important area when performing certain police tasks like foot pursuits where jumping and vaulting would be required. Applicant will stand with one side toward a wall and reach up as high as possible to mark his/her standard reach. Applicant will then jump, from the standing position, and mark a spot on the wall above his/her standard reach mark. Applicant will get 3 attempts, scoring the highest attempt.

Scoring: The number of vertical inches jumped to the nearest ½ inch.

### MINIMUM STANDARDS:

These minimum standards (Single standard) are based on a model formulated by the Cooper institute for Aerobics Research (Same job = Same standard). They represent a cross-section of fitness levels among 10 different law enforcement agencies nation wide.

EVENT	MINIMAL STANDARD
1.5 Mile Run (min/sec)	16:28
1 Minute Push up Test (#)	25
1 Minute Sit up Test (#)	29
1 RM Bench Press (ratio)	.64
Vertical Jump (inches)	16.0

### PART 2: JOB TASK SIMULATION TESTS

These two tests are simulated tasks that an officer might have to complete in performance of his/her duties. Each test has to be completed by the applicant to continue on to the next stage of the hiring process.

### Car Push

Applicants will be required to push a full size car, in neutral gear and on flat ground, the distance of 100 feet, to simulate the act of pushing a stalled vehicle out of the lane of travel on a highway.

Scoring: The number of minutes and seconds to complete the test.

### **Officer Rescue**

Applicant will be required to sprint a distance of 50 yards, climb a set of stairs and then grab a 150-pound dummy and drag it a distance of 100 feet. This test simulates the task of rescuing a possible downed officer.

Scoring: The number of minutes and seconds to complete the test.