

# Physical Fitness Standards

It has long been the intent of the Deputy Sheriffs' Education and Training Board to establish physical fitness standards for certification as a deputy sheriff. The expansion of the deputy sheriffs' basic training has offered an opportunity to do that. Establishing these fitness standards has been part of a long evolutionary process.

Initially, the Board took steps to remove the opportunity for a deputy to completely opt out of the physical training for medical reasons. Deputies who arrive at the academy with any medical limitations to training are sent back to their departments. If it is a temporary condition, the Board may extend a training waiver at the request of the sheriff. Should a deputy be unable to complete the physical fitness or defensive tactics portion of the training because of a medical issue that develops at training, the situation is discussed with the sheriff to determine if the deputy should continue training and return at a subsequent class to make up the missed physical instruction or leave the program and possibly return at a later date when the condition improves. These medical standards insure that the deputy has the ability to meet or train to meet physical fitness standards. Since 2000 a health and wellness program was instituted to include physical activity and exercise methods. This was also seen as an additional step closer to establishing fitness standards.

Additionally, sheriffs should be commended for recognizing the need for fitness on the job. The quality and level of fitness for trainees being sent to the academy has been steadily on the rise.

The Board's goal is to provide practical job related training and a deputy's ability to perform physically is undoubtedly job related. Given this, during the August 2003 meeting of the Deputy Sheriffs' Education and Training Board, the Board unanimously voted to explore efforts to establish physical fitness standards for the deputy sheriffs' basic training. Initially, research-based physical fitness standards developed by the Cooper Institute were explored by the Board and the Penn State Justice & Safety Institute. This effort consists of introducing the standards to the current physical fitness-training module and evaluating the results. **The physical fitness standards may be modified pending the results of our evaluations.**

The physical fitness standards were first introduced during basic training class thirteen, which began on January 5, 2004. During the March 2004 meeting of the Deputy Sheriffs' Education and Training Board, the Board unanimously voted to continue evaluating the standards for class fourteen, beginning May 3, 2004 and class fifteen, beginning July 12, 2004. Upon completion of the evaluation period, the Board's goal is to implement physical fitness standards that will require successful completion as part of the certification process. **The target date for final implementation is class sixteen, beginning January 5, 2005.** The standards currently under review test sit-ups, push-ups, vertical jump, and a 2-mile run.

Below are the standards for each exercise. To receive a passing grade, you must attain a minimum total of 12 points. For example, you may attain 4 points for sit-ups, 4 points for push-ups, and 4 points for vertical jump and attain 0 points for the 2 mile run and pass with the minimum 12 points.

A policy on failures is still being finalized but will include remedial training to prepare for a retest at the end of the course and the possibility of returning for a subsequent retest should the student not meet the standards during their 19-week program.

The 8-week physical fitness module is structured so that a motivated deputy in reasonable shape will be able to meet minimum fitness standards. In addition, deputies have free access to state of the art training equipment, gyms, and instructor/trainers who will assist deputies in developing a personalized program to improve their performance. Deputies who fail their fitness test will have access to an after hours remedial program.

It is strongly recommended that Deputies engage in a physical fitness program prior to attending the Deputy Sheriffs' Basic Training Academy and continue one upon their return. We would also encourage sheriffs to make prospective deputies aware of the fitness requirements prior to employment as well as prior to attendance at the basic training academy.

**SIT-UPS (1 minute timed)****MALE**

<b>AGE</b>	<b>20-29</b>	<b>30-39</b>	<b>40-49</b>	<b>50-59</b>	<b>60+</b>
<b>4 Points</b>	40	36	31	26	20
<b>3 Points</b>	38	35	29	24	19
<b>2 Points</b>	35	32	27	21	17
<b>1 Points</b>	34	31	26	20	16
<b>0 Points</b>	< 34	< 31	< 26	< 20	< 16

**FEMALE**

<b>AGE</b>	<b>20-29</b>	<b>30-39</b>	<b>40-49</b>	<b>50-59</b>	<b>60+</b>
<b>4 Points</b>	35	27	22	17	8
<b>3 Points</b>	32	25	20	14	6
<b>2 Points</b>	30	22	17	12	4
<b>1 Points</b>	28	21	16	11	3
<b>0 Points</b>	< 28	< 21	< 16	< 11	< 3

**PUSH-UPS (1 minute timed)****MALE**

<b>AGE</b>	<b>20-29</b>	<b>30-39</b>	<b>40-49</b>	<b>50-59</b>	<b>60+</b>
<b>4 Points</b>	24	19	13	10	9
<b>3 Points</b>	21	16	12	9	7
<b>2 Points</b>	18	14	10	7	6
<b>1 Points</b>	16	11	8	5	4
<b>0 Points</b>	< 16	< 11	< 8	< 5	< 4

**FEMALE**

<b>AGE</b>	<b>20-29</b>	<b>30-39</b>	<b>40-49</b>	<b>50-59</b>	<b>60+</b>
<b>4 Points</b>	16	14	12	9	6
<b>3 Points</b>	14	12	10	5	4
<b>2 Points</b>	11	10	7	3	2
<b>1 Points</b>	9	7	4	1	1
<b>0 Points</b>	< 9	< 7	< 4	< 1	< 1

**VERTICAL JUMP****MALE**

<b>AGE</b>	<b>20-29</b>	<b>30-39</b>	<b>40-49</b>	<b>50-59</b>	<b>60+</b>
<b>4 Points</b>	20.5 inches	19 inches	17 inches	16 inches	15 inches
<b>3 Points</b>	19.5	18	15.5	14.5	13.5
<b>2 Points</b>	19	17.5	15	14	13
<b>1 Points</b>	17.5	16	13.5	12.5	11.5
<b>0 Points</b>	< 17.5	< 16	< 13.5	< 12.5	< 11.5

**FEMALE**

<b>AGE</b>	<b>20-29</b>	<b>30-39</b>	<b>40-49</b>	<b>50-59</b>	<b>60+</b>
<b>4 Points</b>	13 inches	11 inches	10.5 inches	9.5 inches	8.5 inches
<b>3 Points</b>	12.5	10.5	10	9	8
<b>2 Points</b>	12	10	8	7	6
<b>1 Points</b>	11	8.5	7.5	6.5	5.5
<b>0 Points</b>	< 11	< 8.5	< 7.5	< 6.5	< 5.5

**2 MILE RUN**

**MALE**

<b>AGE</b>	<b>20-29</b>	<b>30-39</b>	<b>40-49</b>	<b>50-59</b>	<b>60+</b>
<b>4 Points</b>	16:24	17:05	18:31	19:54	21:30
<b>3 Points</b>	17:08	18:08	19:19	20:35	22:19
<b>2 Points</b>	17:50	18:50	19:53	21:15	22:58
<b>1 Points</b>	18:30	19:13	20:33	21:53	23:22
<b>0 Points</b>	< 18:30	< 19:13	< 20:33	< 21:53	< 23:22

**FEMALE**

<b>AGE</b>	<b>20-29</b>	<b>30-39</b>	<b>40-49</b>	<b>50-59</b>	<b>60+</b>
<b>4 Points</b>	19:54	20:35	21:55	23:28	24:22
<b>3 Points</b>	20:35	21:15	22:38	23:53	24:58
<b>2 Points</b>	21:15	22:06	23:13	24:05	25:19
<b>1 Points</b>	21:54	22:38	23:18	24:42	25:21
<b>0 Points</b>	< 21:54	< 22:38	< 23:18	< 24:42	< 25:21