

Sheriff and Deputy Sheriff Education and Training Board



Physical Fitness Testing

The Sheriff and Deputy Sheriff Education and Training Board requires that students attending the Basic Training Academy leading to certification as a sheriff/deputy sheriff in Pennsylvania successfully complete an entrance physical fitness test and a certification physical fitness test as part of the certification process.

These tests are based on the Cooper Institute's "Physical Fitness Assessments and Norms."

- The entrance physical fitness test is graded at the 20% as determined by age/sex standards.
- The certification physical fitness test is graded at the 40% as determined by age/sex standards.

The physical fitness tests will consist of the following exercises:

- Vertical Jump
- One-Minute Sit-Up
- 300 Meter Run
- Maximum Push-Up
- 1.5 Mile Run

DUTIES AND RESPONSIBILITIES

A. Penn State University Justice and Safety Institute (JASI).

1. JASI Academy staff have the overall responsibility of administering the physical fitness test. The test must be properly supervised to ensure that its objectives are met. Proper supervision includes the following:
 - a) Ensuring the test is properly administered and the events are explained, demonstrated, and scored according to the published test standards
 - b) Ensuring scorers are trained to enforce Academy standards for all test events
 - c) Preparing the test and controlling performance factors
 - d) Reporting the results at the conclusion of the test
 - e) Ensuring safety is the main consideration

2. Responsibilities prior to the test include:
 - a) Ensuring the test site is secured and an alternate plan is in place in the event of inclement weather
 - b) Ensuring all equipment required for the testing is set up prior to the arrival of the deputies:
 - Vertec
 - Clipboards
 - Pens (NO pencils)
 - Stopwatches
 - Individual deputy PT cards prepopulated with minimum standards
 - Number tags/safety pins
 - Orange cones
 - Time clock for 1.5 mile run
 - Video recording equipment/tripod
 - Water (not for entrance test)
 - First aid kit/AED
 - c) Ensuring scorers are selected and trained to comply with Academy standards.
 - d) Ensuring adequate scorers are on site based on the number of deputies testing. There should be no more than 5 deputies assigned to each scorer. All scorers and test personnel should report no later than 10 minutes prior to the start of the scheduled test.
 - e) Ensuring there is a medical plan and supplies in place in the event a deputy is injured during the conduct of the test.
 - f) Designating a “PT Test Supervisor.” This person will be a JASI staff member and will be responsible for the following:
 - Act as the overall supervisor on PT test day
 - Conduct a briefing for all scorers and test personnel 10 minutes prior to the deputies arriving at the test site. The briefing will cover the following items:
 - Reinforce Academy standards must be met on all events

- Set location where deputies should report if they fail any events of the test
 - Read the test instructions, and have the events demonstrated
 - Supervise the scoring of events
 - Ensure proper breaks are given between events
- 3. Responsibilities during the test:
 - a) Maintain accountability of all personnel and testing procedures
 - b) Act as PT Test Supervisor
 - c) Issue number tags and safety pins to all deputies
 - d) Issue prepopulated PT cards to scorers. Scorers will identify the deputies they will be scoring. Deputies will remain with their scorer for all events on the test
 - e) Act as scorers, if needed
 - f) Continually monitor deputies for signs of injury or distress (ie: heat exhaustion)
- 4. Responsibilities after the test:
 - a) Collect number tags and safety pins
 - b) Maintain PT cards
 - c) Continually monitor deputies for signs of injury or distress. Ensure deputies continue walking at the conclusion of the 1.5 mile run

B. Pennsylvania Commission on Crime and Delinquency (PCCD).

1. A PCCD staff member will be present for all testing and will make the final decision on any scoring disputes.
2. When a deputy fails the test, their PT card will be given to the PCCD staff representative. The deputies failing the test will be instructed to report to a specific location to be briefed by PCCD staff. Students will be briefed individually and as a group by the PCCD staff member. The PCCD staff member will print and sign their name at bottom of the PT Scorecard in the appropriate column for all PT failures.

The “individual briefing” will include the student’s score(s) on the event(s) they did not successfully complete and the score(s) that were required for successful completion.

The “group briefing” will include:

- a) Disposition of the student:
 - Deputies failing the entrance test will be returned to the hotel and will not be admitted as a student into the Sheriff/Deputy Sheriff Academy.
 - Deputies failing the first certification test will remain at the academy and will be given a second chance to pass the certification test at a later date.

- Deputies failing the second certification test will have failed the Academy and will return home.
 - b) Informing students that it will be at the discretion of their Sheriff if a request will be made for an opportunity to return to the Academy if they have failed the final Certification PT test.
 - c) Reminding students of the training requirements of Act 2. Students have one year from their time of initial employment to successfully complete the Sheriff and Deputy Sheriff Academy.
 - d) Informing the students that if they have failed the Entrance PT test or the final Certification PT test, they will be returned to the hotel.
 - e) Informing the students that their Sheriff's Offices will be contacted and that they are required to report back to their office after they have been dismissed from the Academy.
3. PCCD staff will contact the Sheriff/Chief Deputy/Training Officer of all deputies that fail a PT test. If a deputy fails the entrance exam, it is the Sheriff's discretion if the deputy is permitted to enroll in a subsequent basic training academy class.
 4. Act as scorer, as needed.

C. Scorers.

1. Must be familiar with the instructions for each event and trained by JASI to properly administer the test using uniform scoring standards.
2. Enforce all test standards.
3. Prior to the start of each event, the scorer will ensure that the deputy being tested is aware of the standard they need to achieve to pass the PT test.
4. During the sit-up event, ensure the "foot-holder" is of appropriate size and strength to effectively hold the ankles/feet of the deputy being tested.
5. Count the number of correct repetitions aloud for each participant. If the deputy rests in an authorized rest position, repeat the last correct repetition.
6. Record the score and initial the PT card. At the conclusion of the PT test, print and sign your name in the appropriate column at the bottom of the PT Scorecard.

TEST SITE

The test site should be fairly flat and free of debris. It should have the following:

- An area for stretching and warm-up
- A soft, flat, dry area for performing the vertical jump, push-ups and sit-ups
- A flat, 1.5-mile running course with a solid surface
- No significant hazards

CONDUCT OF THE TEST

- A. Deputies are assembled in a common area and briefed by the PT Test Supervisor regarding the purpose and organization of the test. The briefer will explain the sequence of events (Vertical Jump, One-Minute Sit-Up, 300 Meter Run, Maximum Push-Up, 1.5 Mile Run). **Refer to Appendices A, B, and C for the pretest briefings. The PT Test Supervisor will read the appropriate briefing to the students.**
- B. Retaking of events. Deputies who start the Push-Up or Sit-Up events incorrectly must be stopped by the scorer before they complete 5 repetitions and told what their errors are. They are then sent to the end of the line to await their turn to “restart” in the event. Only one “restart” is authorized.
- C. Test failures. Deputies who stop to rest in an **authorized** rest position continue to receive credit for correct repetitions performed after their rest. Deputies who rest in an **unauthorized** rest position will have their performance in that event immediately terminated and will have failed the event.
- D. The following paragraphs describe the five events included in the physical fitness test.

VERTICAL JUMP

The PT Test Supervisor will read the following to the deputies:

“YOU WILL STAND UNDER THE VERTEC AND REACH AS HIGH AS POSSIBLE. THE VERTEC IS ADJUSTED SO THE BOTTOM VANE TOUCHES YOUR FINGERTIPS. YOU WILL JUMP AS HIGH AS POSSIBLE AND TOUCH THE HIGHEST VANE POSSIBLE. THE VANES ARE SPACED ½ INCH APART AND ROTATE WHEN TOUCHED. PRIOR TO THE JUMP, ONE FOOT MUST REMAIN STATIONARY ON THE GROUND.

SCORE IS THE TOTAL INCHES, TO THE NEAREST ½ INCH.

THE BEST OF THREE ATTEMPTS IS YOUR FINAL SCORE. WATCH THIS DEMONSTRATION”

A JASI/PCCD staff member or scorer will demonstrate the event prior to testing.

	Males		Females	
Age	Entrance	Certification	Entrance	Certification
< 20	17.5	20.0	12.6	14.0
20 – 29	17.5	20.0	12.6	14.0
30 – 39	16.5	18.6	11.0	12.0
40 – 49	14.0	15.5	7.8	9.6
50 – 59	11.9	13.5	-	-
60 +	-	-	-	-

ONE-MINUTE SIT-UP

The PT Test Supervisor will read the following to the deputies:

“ON THE COMMAND ‘GET SET,’ ASSUME THE STARTING POSITION BY LYING ON YOUR BACK WITH YOUR KNEES BENT AT A 90-DEGREE ANGLE. YOUR FEET MAY BE TOGETHER OR UP TO 12 INCHES APART. ANOTHER PERSON WILL HOLD YOUR ANKLES WITH THE HANDS ONLY. NO OTHER METHOD OF BRACING OR HOLDING THE FEET IS AUTHORIZED. THE HEEL IS THE ONLY PART OF YOUR FOOT THAT MUST STAY IN CONTACT WITH THE GROUND. YOUR FINGERS MUST BE INTERLOCKED BEHIND YOUR HEAD AND THE BACKS OF YOUR HANDS MUST TOUCH THE GROUND. YOUR ARMS AND ELBOWS NEED NOT TOUCH THE GROUND. ON THE COMMAND ‘GO,’ BEGIN RAISING YOUR UPPER BODY FORWARD TO, OR BEYOND, THE VERTICAL POSITION. THE VERTICAL POSITION MEANS THAT THE BASE OF YOUR NECK IS ABOVE THE BASE OF YOUR SPINE. AFTER YOU HAVE REACHED OR SURPASSED THE VERTICAL POSITION, LOWER YOUR BODY UNTIL THE BOTTOM OF YOUR SHOULDER BLADES TOUCH THE GROUND. YOUR HEAD, HANDS, ARMS, OR ELBOWS DO NOT HAVE TO TOUCH THE GROUND. AT THE END OF EACH REPETITION, THE SCORER WILL STATE THE NUMBER OF SIT-UPS YOU HAVE CORRECTLY COMPLETED. A REPETITION WILL NOT COUNT IF YOU FAIL TO REACH THE VERTICAL POSITION, FAIL TO KEEP YOUR FINGERS INTERLOCKED BEHIND YOUR HEAD, ARCH OR BOW YOUR BACK AND RAISE YOUR BUTTOCKS OFF THE GROUND TO RAISE YOUR UPPER BODY, OR LET YOUR KNEES EXCEED A 90-DEGREE ANGLE. IF A REPETITION DOES NOT COUNT, THE SCORER WILL REPEAT THE NUMBER OF YOUR LAST CORRECTLY PERFORMED SIT-UP. IF YOU FAIL TO PERFORM THE FIRST 5 SIT-UPS CORRECTLY, THE SCORER WILL EXPLAIN TO YOU WHAT YOUR MISTAKES ARE. YOU WILL THEN BE SENT TO THE END OF THE LINE TO RESTART. AFTER THE FIRST 5 SIT-UPS HAVE BEEN PERFORMED AND COUNTED, HOWEVER, NO RESTARTS

ARE ALLOWED. ONLY ONE RESTART IS AUTHORIZED. THE TEST WILL CONTINUE, AND ANY INCORRECTLY PERFORMED SIT-UPS WILL NOT BE COUNTED. THE UP POSITION IS THE ONLY AUTHORIZED REST POSITION. IF YOU STOP AND REST IN THE DOWN (STARTING) POSITION, THE EVENT WILL BE TERMINATED. AS LONG AS YOU MAKE A CONTINUOUS PHYSICAL EFFORT TO SIT UP, THE EVENT WILL NOT BE TERMINATED. YOU MAY NOT USE YOUR HANDS OR ANY OTHER MEANS TO PULL OR PUSH YOURSELF UP TO THE UP (RESTING) POSITION OR TO HOLD YOURSELF IN THE RESTING POSITION. IF YOU DO SO, YOUR PERFORMANCE IN THE EVENT WILL BE TERMINATED. CORRECT PERFORMANCE IS IMPORTANT. YOU WILL HAVE ONE MINUTE TO PERFORM AS MANY SIT-UPS AS YOU CAN."

A JASI/PCCD staff member or scorer will demonstrate the event while the instructions are being read.

	Males		Females	
Age	Entrance	Certification	Entrance	Certification
< 20	36	41	28	32
20 – 29	33	38	24	32
30 – 39	30	35	20	25
40 – 49	24	29	14	20
50 – 59	19	24	10	14
60 +	15	19	3	6

300 METER RUN

The PT Supervisor will read the following to the deputies:

“YOU WILL RUN 300 METERS AT MAXIMUM LEVEL OF EFFORT. YOUR TIME TO COMPLETE THIS EVENT IS RECORDED IN SECONDS.

YOU SHOULD WALK FOR 3-5 MINUTES IMMEDIATELY FOLLOWING TEST TO COOL DOWN.”

	Males		Females	
Age	Entrance	Certification	Entrance	Certification
< 20	66	59	78	71
20 – 29	66	59	78	71
30 – 39	68	58.9	86	79
40 – 49	83	72	110	94
50 – 59	95	83.2	-	-
60 +	-	-	-	-

MAXIMUM PUSH-UP

The PT Supervisor will read the following to the deputies:

“ON THE COMMAND 'GET SET,' ASSUME THE FRONT-LEANING REST POSITION BY PLACING YOUR HANDS WHERE THEY ARE COMFORTABLE FOR YOU. YOUR FEET MAY BE TOGETHER OR UP TO 12 INCHES APART. WHEN VIEWED FROM THE SIDE, YOUR BODY SHOULD FORM A GENERALLY STRAIGHT LINE FROM YOUR SHOULDERS TO YOUR ANKLES.’ ON THE COMMAND 'GO,' BEGIN THE PUSH-UP BY BENDING YOUR ELBOWS AND LOWERING YOUR ENTIRE BODY AS A SINGLE UNIT UNTIL YOUR UPPER ARMS ARE AT LEAST PARALLEL TO THE GROUND. THEN, RETURN TO THE STARTING POSITION BY RAISING YOUR ENTIRE BODY UNTIL YOUR ARMS ARE FULLY EXTENDED. YOUR BODY MUST REMAIN RIGID IN A GENERALLY STRAIGHT LINE AND MOVE AS A UNIT WHILE PERFORMING EACH REPETITION. AT THE END OF EACH REPETITION, THE SCORER WILL STATE THE NUMBER OF REPETITIONS YOU HAVE COMPLETED CORRECTLY. IF YOU FAIL TO KEEP YOUR BODY GENERALLY STRAIGHT, TO LOWER YOUR WHOLE BODY UNTIL YOUR UPPER ARMS ARE AT LEAST PARALLEL TO THE GROUND, OR TO EXTEND YOUR ARMS COMPLETELY, THAT REPETITION WILL NOT COUNT, AND THE SCORER WILL REPEAT THE NUMBER OF THE LAST CORRECTLY PERFORMED REPETITION. IF YOU FAIL TO PERFORM THE FIRST 5 PUSH-UPS CORRECTLY, THE SCORER WILL TELL YOU TO GO TO YOUR KNEES AND WILL EXPLAIN TO YOU WHAT YOUR MISTAKES ARE. YOU WILL THEN BE SENT TO THE END OF THE LINE TO RESTART. AFTER THE FIRST 5 PUSH-UPS HAVE BEEN PERFORMED AND COUNTED, HOWEVER, NO RESTARTS ARE ALLOWED. THE TEST WILL CONTINUE, AND ANY INCORRECTLY PERFORMED PUSH-UPS WILL NOT BE COUNTED. ONLY ONE RESTART IS AUTHORIZED. AN ALTERED FRONT-LEANING REST POSITION IS THE ONLY AUTHORIZED REST POSITION. THAT IS, YOU MAY SAG IN THE MIDDLE OR FLEX YOUR BACK. WHEN FLEXING YOUR BACK, YOU MAY BEND YOUR KNEES, BUT NOT TO SUCH AN EXTENT THAT YOU ARE SUPPORTING MOST OF YOUR BODY WEIGHT WITH YOUR LEGS. IF THIS OCCURS, YOUR PERFORMANCE WILL BE TERMINATED. YOU MUST RETURN TO, AND PAUSE IN, THE CORRECT STARTING POSITION BEFORE CONTINUING. IF YOU REST ON THE GROUND OR RAISE EITHER HAND OR FOOT FROM THE GROUND, YOUR PERFORMANCE WILL BE TERMINATED. YOU MAY REPOSITION YOUR HANDS AND/OR FEET DURING THE EVENT AS LONG AS THEY REMAIN IN CONTACT WITH THE GROUND AT ALL TIMES. CORRECT PERFORMANCE IS IMPORTANT. YOU SHOULD DO AS MANY PUSH-UPS AS POSSIBLE. THIS IS NOT A TIMED EVENT. THE TOTAL NUMBER OF CORRECT PUSH-UPS IS RECORDED AS THE SCORE.

A JASI/PCCD staff member or scorer will demonstrate the event while the instructions are being read.

	Males		Females	
Age	Entrance	Certification	Entrance	Certification
< 20	22	29	10	15
20 – 29	22	29	10	15
30 – 39	17	24	8	11
40 – 49	11	18	6	9
50 – 59	9	13	-	-
60 +	6	10	-	-

1.5 MILE RUN

The PT Supervisor will read the following to the deputies:

“YOU MUST COMPLETE THE RUN WITHOUT ANY PHYSICAL HELP. AT THE START, ALL DEPUTIES WILL LINE UP BEHIND THE STARTING LINE. ON THE COMMAND 'GO,' THE CLOCK WILL START. YOU WILL BEGIN RUNNING AT YOUR OWN PACE. TO RUN THE REQUIRED MILE AND A HALF, YOU MUST COMPLETE (describe the number of laps, start and finish points, and course layout). YOU ARE BEING TESTED ON YOUR ABILITY TO COMPLETE THE 1.5 MILE COURSE IN THE SHORTEST TIME POSSIBLE. ALTHOUGH WALKING IS AUTHORIZED, IT IS STRONGLY DISCOURAGED. IF YOU ARE PHYSICALLY HELPED IN ANY WAY (FOR EXAMPLE, PULLED, PUSHED, PICKED UP, AND/OR CARRIED) OR LEAVE THE DESIGNATED RUNNING COURSE FOR ANY REASON, YOU WILL BE DISQUALIFIED. (IT IS LEGAL TO PACE A DEPUTY DURING THE 1.5 MILE RUN AS LONG AS THERE IS NO PHYSICAL CONTACT WITH THE PACED DEPUTY AND IT DOES NOT PHYSICALLY HINDER OTHER DEPUTIES TAKING THE TEST.) THE PRACTICE OF RUNNING AHEAD OF, ALONG SIDE OF, OR BEHIND THE TESTED DEPUTY, WHILE SERVING AS A PACER, IS PERMITTED. THE NUMBER ON YOUR CHEST IS FOR IDENTIFICATION. YOU MUST MAKE SURE IT IS VISIBLE AT ALL TIMES. **EACH TIME YOU PASS THE START/FINISH LINE, CALL YOUR NUMBER TO YOUR SCORER LOUD ENOUGH TO ENSURE YOU ARE HEARD AND ACKNOWLEDGED.** TURN IN YOUR NUMBER WHEN YOU FINISH THE RUN. THEN, GO TO THE AREA DESIGNATED FOR THE COOL-DOWN AND STRETCH. DO NOT STAY NEAR THE SCORERS OR THE FINISH LINE AS THIS MAY INTERFERE WITH THE TESTING. WHAT ARE YOUR QUESTIONS ON THIS EVENT?”

	Males		Females	
Age	Entrance	Certification	Entrance	Certification
< 20	13:58	12:29	17:11	15:05
20 – 29	13:58	12:29	17:11	15:05
30 – 39	14:33	12:53	18:18	15:56
40 – 49	15:32	13:50	19:43	17:11
50 – 59	17:30	15:14	21:57	19:10
60 - 69	20:13	17:19	23:55	20:55
70 - 79	23:55	19:43	27:17	23:47

APPENDIX A INITIAL BRIEFING – ENTRANCE TEST

"YOU ARE ABOUT TO TAKE THE SHERIFF/DEPUTY SHERIFF ACADEMY ENTRANCE PHYSICAL FITNESS TEST. IF YOU SUCCESSFULLY COMPLETE EVERY EVENT ON THIS TEST, YOU WILL BE OFFICIALLY ENROLLED INTO THE SHERIFF/DEPUTY SHERIFF ACADEMY. IF YOU FAIL TO SUCCESSFULLY COMPLETE ANY OF THE EVENTS, YOU WILL NOT BE ENROLLED AS A STUDENT IN THE SHERIFF/DEPUTY SHERIFF ACADEMY AND WILL BE RETURNED TO THE HOTEL. IF YOU FAIL AN EVENT, REPORT IMMEDIATELY TO THE PREDETERMINED LOCATION FOR FURTHER INSTRUCTION FROM A PCCD STAFF MEMBER.

THIS TEST CONSISTS OF FIVE EVENTS PERFORMED IN THE FOLLOWING ORDER:

- Vertical Jump
- One-Minute Sit-Up
- 300 Meter Run
- Maximum Push-Up
- 1.5 Mile Run

YOU WILL HAVE 10-15 MINUTES TO WARM UP AND STRETCH PRIOR TO THE FIRST EVENT. AFTER THE VERTICAL JUMP, YOU WILL BE GIVEN A 2 MINUTE REST PERIOD. YOU WILL BE GIVEN A 5-10 MINUTE REST PERIOD AFTER THE SIT-UP EVENT AND AFTER THE 300 METER RUN. AFTER THE PUSH-UPS, YOU WILL BE GIVEN A 5-15 MINUTE REST PERIOD. DURING THIS REST PERIOD, YOU SHOULD DO A CARDIO WARM-UP FOR 2-3 MINUTES. AFTER THE 1.5 MILE RUN, YOU SHOULD DO A COOL-DOWN FOR AT LEAST 5 MINUTES.

LISTEN CLOSELY TO THE TEST INSTRUCTIONS, AND DO THE BEST YOU CAN ON EACH OF THE EVENTS. EACH OF YOU WILL BE ASSIGNED TO A GROUP. STAY WITH YOUR TEST GROUP FOR THE ENTIRE TEST.

IS THERE ANYONE THAT HAS ANY MEDICAL CONDITIONS THAT WOULD PRECLUDE THEM FROM PARTICIPATING IN ANY OF THE EVENTS MENTIONED ABOVE? WHAT ARE YOUR QUESTIONS ABOUT THE TEST AT THIS POINT?"

APPENDIX B INITIAL BRIEFING – FIRST CERTIFICATION TEST

"YOU ARE ABOUT TO TAKE THE SHERIFF/DEPUTY SHERIFF ACADEMY CERTIFICATION PHYSICAL FITNESS TEST. IF YOU SUCCESSFULLY COMPLETE EVERY EVENT ON THIS TEST, YOU WILL HAVE OFFICIALLY PASSED THE PHYSICAL CONDITIONING MODULE OF THE ACADEMY. IF YOU FAIL TO SUCCESSFULLY COMPLETE ANY OF THE EVENTS, YOU WILL HAVE FAILED THE PHYSICAL CONDITIONING MODULE. YOU WILL BE REQUIRED TO PASS THE PHYSICAL FITNESS TEST AT A LATER DATE TO GRADUATE FROM THE ACADEMY AND BECOME A CERTIFIED DEPUTY. YOU WILL ONLY BE GIVEN ONE ADDITIONAL ATTEMPT TO PASS THE TEST. AT THE COMPLETION OF ALL EVENTS, IF YOU HAVED FAILED ONE OR MORE EVENTS, REMAIN AT THE TESTING SITE AND REPORT TO THE PREDETERMINED LOCATION FOR FURTHER INSTRUCTION FROM A PCCD STAFF MEMBER. IF YOU FAIL AN EVENT, YOU ARE ENCOURAGED TO CONTINUE WITH THE PT TEST AND COMPLETE ALL FIVE EVENTS. ALL EVENTS NOT TAKEN WILL BE RECORDED AS A FAILURE.

THIS TEST CONSISTS OF FIVE EVENTS PERFORMED IN THE FOLLOWING ORDER:

- Vertical Jump
- One-Minute Sit-Up
- 300 Meter Run
- Maximum Push-Up
- 1.5 Mile Run

YOU WILL HAVE 10-15 MINUTES TO WARM UP AND STRETCH PRIOR TO THE FIRST EVENT. AFTER THE VERTICAL JUMP, YOU WILL BE GIVEN A 2 MINUTE REST PERIOD. YOU WILL BE GIVEN A 5-10 MINUTE REST PERIOD AFTER THE SIT-UP EVENT AND AFTER THE 300 METER RUN. AFTER THE PUSH-UPS, YOU WILL BE GIVEN A 5-15 MINUTE REST PERIOD. DURING THIS REST PERIOD, YOU SHOULD DO A CARDIO WARM-UP FOR 2-3 MINUTES. AFTER THE 1.5 MILE RUN, YOU SHOULD DO A COOL-DOWN FOR AT LEAST 5 MINUTES.

LISTEN CLOSELY TO THE TEST INSTRUCTIONS, AND DO THE BEST YOU CAN ON EACH OF THE EVENTS. EACH OF YOU WILL BE ASSIGNED TO A GROUP. STAY WITH YOUR TEST GROUP FOR THE ENTIRE TEST.

IS THERE ANYONE THAT HAS ANY MEDICAL CONDITIONS THAT WOULD PRECLUDE THEM FROM PARTICIPATING IN ANY OF THE EVENTS MENTIONED ABOVE? WHAT ARE YOUR QUESTIONS ABOUT THE TEST AT THIS POINT?"

APPENDIX C INITIAL BRIEFING – FINAL CERTIFICATION TEST

"YOU ARE ABOUT TO TAKE THE FINAL SHERIFF/DEPUTY SHERIFF ACADEMY CERTIFICATION PHYSICAL FITNESS TEST. IF YOU SUCCESSFULLY COMPLETE EVERY EVENT ON THIS TEST, YOU WILL HAVE OFFICIALLY PASSED THE PHYSICAL CONDITIONING MODULE OF THE ACADEMY. IF YOU FAIL TO SUCCESSFULLY COMPLETE ANY OF THE EVENTS, YOU WILL HAVE FAILED THE PHYSICAL CONDITIONING MODULE AND WILL BE DISMISSED FROM THE ACADEMY. AT THE COMPLETION OF ALL EVENTS, IF YOU HAVED FAILED ONE OR MORE EVENTS, REMAIN AT THE TESTING SITE AND REPORT TO THE PREDETERMINED LOCATION FOR FURTHER INSTRUCTION FROM A PCCD STAFF MEMBER. IF YOU FAIL AN EVENT, YOU ARE ENCOURAGED TO CONTINUE WITH THE PT TEST AND COMPLETE ALL FIVE EVENTS. ALL EVENTS NOT TAKEN WILL BE RECORDED AS A FAILURE.

THIS TEST CONSISTS OF FIVE EVENTS PERFORMED IN THE FOLLOWING ORDER:

- Vertical Jump
- One-Minute Sit-Up
- 300 Meter Run
- Maximum Push-Up
- 1.5 Mile Run

YOU WILL HAVE 10-15 MINUTES TO WARM UP AND STRETCH PRIOR TO THE FIRST EVENT. AFTER THE VERTICAL JUMP, YOU WILL BE GIVEN A 2 MINUTE REST PERIOD. YOU WILL BE GIVEN A 5-10 MINUTE REST PERIOD AFTER THE SIT-UP EVENT AND AFTER THE 300 METER RUN. AFTER THE PUSH-UPS, YOU WILL BE GIVEN A 5-15 MINUTE REST PERIOD. DURING THIS REST PERIOD, YOU SHOULD DO A CARDIO WARM-UP FOR 2-3 MINUTES. AFTER THE 1.5 MILE RUN, YOU SHOULD DO A COOL-DOWN FOR AT LEAST 5 MINUTES.

LISTEN CLOSELY TO THE TEST INSTRUCTIONS, AND DO THE BEST YOU CAN ON EACH OF THE EVENTS. EACH OF YOU WILL BE ASSIGNED TO A GROUP. STAY WITH YOUR TEST GROUP FOR THE ENTIRE TEST.

IS THERE ANYONE THAT HAS ANY MEDICAL CONDITIONS THAT WOULD PRECLUDE THEM FROM PARTICIPATING IN ANY OF THE EVENTS MENTIONED ABOVE? WHAT ARE YOUR QUESTIONS ABOUT THE TEST AT THIS POINT?"