

CORRECTIONS OFFICER RECRUITMENT

PHYSICAL FITNESS EXAMINATION INFORMATION

The events for this examination consist of: vertical jump, agility run, push-ups, 300 meter run, and a 1.5 mile run/walk. **Individuals who are not in good physical condition should consult a physician and begin a program of regular physical exercise before participating in the fitness exam. Candidates invited for the Physical Fitness Examination should plan on being at the test site for approximately two hours.**

DESCRIPTION OF EXERCISES

VERTICAL JUMP: The vertical jump begins by the candidate standing with one side toward the wall, heels together, and reach upward as high as possible. Using a rocking, one-step approach (“step-feet together-jump”), the candidate will jump as high as possible, reaching upward at the same time. Candidates must complete the vertical jump at a distance of at least 15 inches. The best of three trials will be used as the candidate’s final score.

PUSH-UPS: The push-up begins when the candidate lowers the body until the upper arms are parallel to the floor, then push up again. The candidate must keep the back straight at all times, and in each extension up, the elbows should lock. One repetition will be counted using this procedure. Resting is allowable only in the "up" position. If any part of the candidate’s body, other than hands and feet touch the mat, the candidate will fail this exam. Candidates need to complete a minimum of 20 push-ups.

300 METER RUN: The 300 meter run should be performed in running shoes and appropriate clothing. The test begins at the designated starting line and concludes after the candidate crosses the designated finish line. The candidate must complete this run in 74 seconds or less.

1.5 MILE RUN/WALK: The 1.5 mile run/walk should be performed in running shoes and appropriate clothing. The candidate may run or walk to complete this event. Candidates will call out their bib color and number after each completed running lap. The test begins at the designated starting line and concludes after the candidate crosses the designated finish line. The candidate must complete the 1.5 mile run/walk in 17 minutes and 37 seconds, or less.

AGILITY RUN: Subject lies on the ground with fingertips behind the start line. At the “GO” command, subject gets up, sprints to the other line (30 feet away) and places one foot over the line, then sprints back. Subject makes a left turn around the first cone then zigzags in a figure eight fashion around the four cones and back to the start line. Subject then sprints up and back as described in the beginning. Candidates are allowed one slow walk through and two trials. The candidate must complete an agility run in 20.4 seconds or less.