PHYSICAL ABILITIES TEST

The Washoe County Sheriff’s Office uses the physical fitness test as part of a complete testing process for entry level Deputy Sheriff Recruit and P.O.S.T. Certified Deputy Sheriff. The physical fitness test is designed to measure an applicant’s fitness to ensure that he/she is able to participate in the physical training portions of the Academy and to perform the essential functions of the job of a Deputy Sheriff. The physical fitness test is also designed to meet the minimum requirements of the Nevada Commission of Peace Officer Standards and Training.

A level of fitness is needed to perform the essential physical functions of the job of Deputy Sheriff. Some of the physical tasks performed by a Deputy Sheriff include: running after suspects for extended periods of time, climbing stairs, ladders or fences, climbing through windows or onto roofs, and strength to subdue resistant persons and lift, drag or carry persons or objects. Fitness provides the Deputy Sheriff with necessary physiological readiness or preparedness to perform critical or frequent physical tasks.

The candidate must pass each portion of the physical fitness test in order to advance to the next portion. Portions of the physical fitness test will be performed indoors and other portions will be performed outdoors. Restrooms and water, while available, are limited at some test sites, so please plan accordingly. Wear proper clothing including running shoes, socks, t-shirts and shorts, and warm-ups or sweats as needed. Candidates should **not drink caffeinated drinks prior to the test as it affects the blood pressure and resting heart rate.**

The Washoe County Sheriff’s Office makes every attempt to schedule testing in a manner that is reasonably convenient for applicants. However, depending on the number of people being tested, delays and waiting time may be unavoidable. It is the candidate’s responsibility to be on time, properly equipped and prepared for the various phases of the testing process.

MINIMUM STANDARDS

The first phase of the Physical Abilities Test will consist of taking the candidate’s blood pressure and resting heart rate. The blood pressure reading cannot exceed 140/90 after three attempts. The resting heart rate cannot exceed 90 after three attempts. If, after three attempts, a candidate’s blood pressure or resting heart rate readings exceed the above standards, they will not be allowed to continue in the testing process and will be rescheduled for a make-up test.

The remainder of the Physical Abilities Test will proceed in the following order.

<table>
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<tr>
<th>Test Sequence</th>
<th>Minimum Standards</th>
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<tbody>
<tr>
<td>Hand Grip</td>
<td>68 Kilograms (3 attempts)</td>
</tr>
<tr>
<td>Bend, Twist and Touch</td>
<td>11 cycles in 20 seconds (3 attempts)</td>
</tr>
<tr>
<td>Sit and Reach</td>
<td>16 inches (3 attempts)</td>
</tr>
<tr>
<td>Push-ups</td>
<td>18</td>
</tr>
<tr>
<td>Sit-ups</td>
<td>27 per minute</td>
</tr>
<tr>
<td>Vertical Jump</td>
<td>16 inches (3 attempts)</td>
</tr>
</tbody>
</table>
300 Meter Sprint                      77 seconds
1 ½ Mile Run                           15 minutes, 20 seconds

DESCRIPTION OF EXERCISES

The **HAND GRIP** is performed using a hand dynamometer. The dominant hand is tested first. The candidate holds the dynamometer in line with the forearm at the level of the thigh. At the command “squeeze”, the candidate squeezes the dynamometer vigorously so as to exert maximum force. The candidate then repeats the test using the nondominant hand. Three trials are given alternating between hands, with the scores for each hand recorded separately. The score is the combination of the best of the three trials for each hand. The candidate must meet or exceed 68 kilograms combined score.

The **BEND, TWIST, AND TOUCH** are performed on a flat surface next to a wall. The candidate stands with his/her back to the wall and far enough from the wall so that the candidate can bend over without hitting the wall with the buttocks. Directly behind the middle of the candidate’s back, at shoulder height, an “X” is taped on the wall and another “X” on the floor between the candidate’s feet. The candidate’s feet are to be placed shoulder-width apart, and the hands are to be placed together with the palms touching. On the command “Go”, the candidate bends and touches the center of the “X” between the feet and rises back to the upright position, twists to the left and touches the center of the “X” on the wall with both hands, then twists back to the starting position. The candidate repeats this procedure, except that the next twist is to the right. The participant alternates sides, turning both left and right in the completion of each cycle. The candidate must touch the center of each “X” during the test; if the “X” is not touched, the cycle will not count. Three trials are given. The candidate will have 20 seconds to complete 11 cycles.

The **SIT AND REACH** is performed without shoes while sitting on the floor, knees extended (soft joint), and feet placed squarely against a box and no wider than eight inches apart. The toes are pointed toward the ceiling and one hand is placed on top of the other with the fingertips even. The candidate leans forward without lunging or bobbing and reaches as far down a yardstick as he/she is able. The neck remains in the neutral position, the hands stay together and even, and the stretch must be held for two seconds. Three trials are allowed. The candidate must reach the required length of 16 inches to pass this event.

The **PUSH-UP** begins in the up position with the hands placed on the matt where they are comfortable for the candidate. The toes and hands remain on the floor. The body and head are aligned and straight, and the body is raised until the arms are fully extended. On the command “Go”, the candidate bends his/her elbows and lowers his/her entire body as a single unit until his/her upper arms are at least parallel to the ground, and then returns to the starting position by raising his/her entire body until the arms are fully extended. The candidate’s body must remain rigid in a generally straight line and move as a unit while performing each repetition. The movement equals one repetition. The candidate has to complete 18 push-ups.

The **SIT-UP** begins while lying on the back with the legs bent at the knees at approximately a 90-degree angle and the hands clasped together behind the head. The hands must remain clasped behind the head for each sit-up. The feet may be together or up to 12 inches apart. On the
command “Go” the candidate raises his/her upper body forward to, or beyond, the vertical position. The vertical position means that the base of the neck is above the base of the spine. The candidate then lowers his/her body until the bottom of the shoulder blades touches the ground. The head, hands, arms or elbows do not have to touch the ground. If the hands break apart, the sit-up will not count. The candidate must complete 27 sit-ups in one minute. The VERTICAL JUMP is performed on a VJ Test Mat. The candidate stands on the mat placing his/her feet on the foot imprints. The belt is put around his/her waist. The tape is pulled through a clip in the belt until taut to adjust for height of the athlete. The measuring tape at the mat feeder is always set at 0 cm/in. The candidate bends his/her knees and jumps straight upward. The length of tape pulled through the feeder indicates the height of the jump. The candidate gets three tries at this event. The candidate must jump 16 inches to pass the event.

The THREE HUNDRED METER SPRINT is performed in running shoes and proper clothing. This is an exercise to determine explosive and sustained running ability over a short distance. The candidate must complete the run without any help. On the command “Go”, the clock will start. The marked distance is approximately ¾ of a lap on a standard high school track. The candidate must complete the run in 77 seconds to pass the event.

After this exercise the candidate will be given a 15-minute recovery period before continuing on with the last portion of the test.

The MILE AND ONE-HALF RUN is performed in running shoes and proper clothing. The candidate may complete this exercise by running or mixing a combination of running with walking. Although walking is allowed, it is strongly discouraged. Candidates must complete the run without any physical help. On the command “Go”, the clock will start. Candidates must complete the run in 15 minutes, 20 seconds to pass the event.

These testing requirements have been developed by the Cooper Institute for Aerobic Research in Dallas, Texas (300 meter sprint, 1 ½ mile run, sit and reach, push-up, and sit-up), Nevada P.O.S.T. and Med-Tox Health Services in Santa Ana, California (hand grip, vertical jump, and bend, twist and touch).

ACADEMY REQUIREMENTS

Deputy Sheriff Recruit candidates will be required to pass the 300 meter sprint, 1 ½ mile run, vertical jump, push-up and sit-up portions of the test again prior to beginning the Academy. During the Academy, Recruits are required to engage in a physical fitness program that stresses both strength and cardiovascular exercises that have been proven to be job related. Recruits are required to pass these tests in order to graduate from the Academy.
FITNESS TIPS

ALWAYS CONSULT WITH YOUR DOCTOR PRIOR TO BEGINNING ANY FITNESS PROGRAM.

Tips for gaining and maintaining fitness:
1. Set goals. Nothing can be achieved without a good attitude and an idea of where you want to be.
2. Develop a workout program that embraces and builds both anaerobic and aerobic conditioning.
3. Modify your diet and eating habits to exclude excessive amounts of animal and saturated fats, soda, caffeine and sodium.
4. Exercise regularly, to include push-ups, sit-ups, and running varying distances.
5. Eat more complex carbohydrates and drink more water.
6. Stop smoking and limit alcohol intake.
7. Strive to achieve and maintain your ideal body weight.
8. Increase flexibility by properly stretching muscles of the body that you intend to use during your workout.