

## Physical Readiness Test

Deputies have unique job functions, some of which can be physically demanding. A deputy's capability to perform those functions can affect personal and public safety. Physical fitness underlies and predicts a deputy's readiness to perform the frequent and critical job tasks demanded. The minimum physical readiness standards identified below gauge a deputy's capacity to learn and perform frequent or critical job tasks safely and effectively. Higher levels of readiness/fitness are associated with better performance of physical job tasks required of Idaho deputies.

The Ada County Sheriff's Office uses the Idaho POST Academy's minimum requirements for fitness. Both patrol and detention deputy applicants must meet the minimum requirements listed.

### **The Physical Readiness Test is comprised of five (5) events:**

1. Vertical Jump (minimum of 14 inches)
2. One Minute Sit-Ups (minimum of 15)
3. Push-Ups (minimum of 21)
4. 300-Meter Run (minimum time of 77 seconds)
5. 1.5-Mile Run/Walk (minimum time of 17 minutes, 17 seconds)

### **Descriptions of Exercises**

The **VERTICAL JUMP** measures leg power, which is important in jumping or vaulting objects such as walls and ditches, tables, counters or debris, and in moving heavy objects such as people. It is administered using a Vertical Jump Mat in which a belt is placed around the participant's waist. The participant then jumps straight up in the air and must land with both feet on the mat. The belt measures the jump height. Participants have three attempts to meet the 14-inch requirement.

The **ONE MINUTE SIT-UP** test measures the muscular endurance of the abdominal muscles. This is important for performing tasks that involve the use of force, and it helps maintain good posture and minimize lower back problems. Participants lie on their back, knees bent, with heels flat on the floor. Hands should be held behind the head, with elbows out to the sides. A partner holds down the feet using hands only. In the up position, the individual must touch the elbows to the knees and then return to the lying position (shoulder blades touch the floor) before starting the next sit-up. The score is the number of correct sit-ups completed within one minute, which must be at least 15 repetitions.

The **PUSH-UP** test measures the muscular endurance of the upper body muscles in the shoulders, chest, and back of the upper arms. This is important for use of force involving any pushing motion. Participants lower their body until the upper arms are parallel to the floor, then push up again. The back must be kept straight, and in each extension up, the elbows should reach a position of "soft" extension. No changes in hand position are allowed during the event. Resting in the up position (only) is allowed. The score is the

maximum number of push-ups completed with no time limit, which must be at least 21 repetitions.

The **300-METER RUN** tests anaerobic capacity, which is important for performing short intense bursts of effort such as foot pursuits, rescues and use of force situations. The score is the number of seconds elapsed from start to finish. Participants must complete this event in 77 seconds or less.

The **1.5-MILE RUN/WALK** measures cardio-respiratory endurance or aerobic power, which is determined by the body's ability to transport and utilize oxygen to produce energy. This is important for performing tasks involving stamina and endurance (pursuits, searches, prolonged use of force situations, etc.) and for minimizing the risk of cardiovascular health problems. The score is the time it takes to finish the course to the nearest second. Participants must complete this event in 17 minutes, 17 seconds or less.

For more information on the physical readiness test, including a sample training program, please visit: <https://post.idaho.gov/wp-content/uploads/Documents/forms//Physical-Readiness-Test-Patrol-Det-PO.pdf>

**All deputy candidates must meet these minimum standards in order to continue with the selection process (interviews, etc.). Applicants who fail to obtain the minimum score in any of the five fitness tests will be ineligible for hire by the Ada County Sheriff's Office as a deputy.**

**\*\*All deputies must pass the physical readiness test on the first day of their academy, as well as the last day of their academy to continue employment as a deputy.**