

## **PHYSICAL AGILITY/ABILITY COURSE**

**GENERAL INFORMATION:** As an applicant with the Shelby County Sheriff's Office, you are required to pass a physical agility test for the corrections officer position and a physical agility and physical ability tests for deputy, both components administered on the same day. The test is formatted to a pass/fail structure. An applicant's failure to successfully complete any part of phases one or two will result in failure of the entire test.

### **A. PHASE ONE – PHYSICAL AGILITY EXAMINATION**

- a. Corrections Officer-Required**
- b. Deputy Sheriff- Required**

The physical agility portion of the test simulates certain specific activities routinely expected of a law enforcement officer or correctional officer, and consists of five events designed to measure minimum levels of endurance, strength, agility and coordination.

This test simulates any number of job-related activities such as jumping down from porches, climbing stairs, walking along walls, rafters, pipes, or beams while in foot pursuit or while checking buildings for suspects. A period of running is incorporated into each of the events to simulate the apprehension and control of a fleeing suspect.

The time limit for the five physical agility events is ninety (90) seconds.

#### **EVENT 1 – PUSHING**

This test requires pushing a patrol vehicle a distance of fifteen (15) feet on a paved, level surface with the gear in neutral. A driver will remain inside the vehicle at all times as a safety factor.

This will demonstrate the applicant's ability to remove or assist in the removal of a stalled vehicle from an intersection in order to eliminate a traffic hazard or restore the flow of traffic.

#### **EVENT 2 – CLIMBING**

This is essentially a wall surmount and is intended to measure agility and coordination. It consists of a fence, six (6) feet in height. One fence is made of wood and one is a chain-link fence. The applicant has the choice of which fence to climb. Only one fence will be climbed. These are typical of the type commonly found around numerous business establishments as well as those found around residences.

#### **EVENT 3 – WINDOW ENTRY**

The applicant must run a distance of fifty (50) yards to the next position where he/she will step through an obstacle approximately twenty-four (24) inches square.

This insures that the applicant has sufficient body mobility to step through an obstacle the approximate size of a residential window.

#### **EVENT 4 – BALANCE**

The balance test requires running a distance of twenty-five (25) yards and then surmounting a six (6) inch by six (6) inch beam suspended one (1) foot in the air and walking a distance of fifteen (15) feet. At the end of the beam, the applicant is required to jump the one-foot distance to the ground.

The balance beam is a combination test demonstrating the ability to maintain balance while moving forward on a flat surface to a narrow surface and back to a flat surface again. Minimum levels of both balance and coordination are required.

#### **EVENT 5 – WEIGHT DRAG**

The applicant is required to run a distance of twenty-five (25) yards and then lift, pull, or drag a dead weight object (dummy) approximately one hundred sixty-five (165) pounds for a distance of fifteen (15) feet. The applicant will drop the weight at the finish line.

This test is designed to gauge the applicant's ability to extricate a human being from an automobile, burning building, etc.

*This concludes the physical agility portion of the exam. After a minimum 20-minute rest break, deputy applicants will proceed to the physical ability portion of the test.*

## **B. PHASE TWO – PHYSICAL ABILITY EXAMINATION**

### **a. Deputy Sheriff-Required**

#### **EVENT 1 – TIMED PUSH-UPS**

On the “Get Ready” command, the applicant will assume the front-leaning rest position (push-up) with the arms straight, elbows locked, hands about shoulder-width apart, and palms placed on the floor. The feet may be together or up to twelve (12) inches apart. The body should be essentially straight when viewed from the side, from the shoulders to the ankles.

On the “Start Push-Ups” command, the applicant begins the push-up by bending the elbows and lowering the entire body until the chest touches the fist of the Test Administrator (the upper arms should be parallel to the ground at this point).

The applicant returns to the starting position by raising the entire body until the arms are fully extended. The applicant may rest in the up (elbows locked) position only. The body must remain in a generally straight line and as a single unit for the entire repetition.

Failure to perform the required number of repetitions in the time allotted results in failure. Failure to keep the body straight or to properly lower the entire body until the chest touches the Test Administrator’s fist or allowing any part of the body other than the hands or feet to touch the floor results in disqualification. Incorrect movements will not be counted.

Each applicant has sixty (60) seconds to complete twenty-two (22) push-ups.

*After a minimum twenty (20)-minute rest, applicants will begin the timed sit-up event.*

#### **EVENT 2 – TIMED SIT-UPS**

On the “Get Ready” command, the applicant assumes the starting position by lying flat on his/her back with knees bent at a forty-five (45) degree angle. Feet may be together or up to twelve (12) inches apart, resting on the floor and may be stabilized by a partner holding the ankles with the hands only. The applicant’s fingers must be interlocked behind the neck or head.

On the “Start Sit-Ups” command, the applicant begins raising the upper body to the up position with elbows touching knees.

The applicant lowers the body until the upper portion of the back (shoulder blades) touches the mat. The head, hands, arms, and elbows do not have to touch the floor.

The up position is the only authorized rest position.

Failing to reach the up position, failing to keep the fingers locked behind the neck or head, arching or bowing the back and raising the buttocks off the floor to raise the upper body, or allowing the feet to leave the floor will result in incorrect movements. Incorrect movements will not be counted.

Each applicant has sixty (60) seconds to complete twenty-five (25) sit-ups.

*After a minimum twenty (20)-minute rest, applicants will begin the timed 1.5-mile run.*

#### **EVENT 3 – 1.5-MILE RUN**

At the start, all applicants will be lined up behind the starting line on a flat, level course.

Applicants are instructed to complete the 1.5-mile run and to listen to their finish time.

On the command “Go,” the timing clock will be started and the applicants will begin running at their own pace.

The Test Administrator timing the event will begin calling off the time in minutes and seconds as the applicants approach the finish line. Each applicant’s time will be recorded after he/she passes through the finish line.

Do not deviate from the course. Do not touch any other applicant during the course. If you feel faint, pain, dizziness, weakness, sustain an injury, or otherwise feel that you cannot complete the test, immediately stop and signal for a Tester.

Each applicant must run one and one-half (1½) miles within 15:28 (fifteen minutes and twenty-eight seconds).