

Washington County Sheriff's Office

Release of Liability

I, and my heirs, in consideration of my participation in the Washington County Sheriff's Office physical agility test, hereby release the Washington County Sheriff's Office, the Washington County Government, and the Washington County Sheriff, the deputies, officers, employees, and agents, and any other people officially connected with this testing, from any, and all liability for damage to or loss of personal property, sickness or injury from whatever source, legal entanglements, imprisonment, death, or loss of money, which might occur while participating in this testing. Specifically, I release said persons from any liability, or responsibility for my physical condition, for the condition or selection of course route and for the presence or actions of any other participants.

I am aware of the risks of participation, which include, but are not limited to, the possibility of sprained muscles and ligaments, broken bones and fatigue. I hereby state that I am in sufficient physical condition to accept a rigorous level of physical activity. I understand that participation in this program is strictly voluntary and I freely chose to participate. I understand that the Washington County Sheriff's Office and the Washington County Government does not provide medical coverage for me. I verify that I will be responsible for any medical costs I incur as a result of my participation.

(Participant's printed name)

(Participant's signature)

(Date)

Release of Liability form

Washington County Sheriff's Office

Physician's Certification

I have reviewed the attached elements of the Washington County Sheriff's Office Physical Fitness Test and believe, in my best medical opinion, that the applicant identified below can perform the elements of the test safely.

Applicant's name (Print): _____

Date of Certification: _____

Doctor's name (Please Print): _____

Doctor's address: _____

Doctor's phone #: _____

Doctor's signature: _____

Physician's Certification form

Washington County Sheriff's Office

Physical Fitness Test

TEST #1: Sit-ups (measures muscular endurance, core body).

This test measures muscular endurance for use of force situations, restraining holds, carrying, and running at full speed.

The sit-ups measure abdominal muscular endurance. Start by lying on your back, heels flat on the floor, approximately 12" from the buttocks, with fingers interlaced behind the head. Avoid pulling on the head with hands. The neck should remain in the neutral position. The buttocks must remain on the floor with no thrusting of the hips. In the up position, the elbows should reach the knees, you then return until the shoulder blades touch the floor. Resting is only done in the up position. The person being tested shall have their feet held by the hands of a partner. Sitting on your partner's feet will not be allowed. Resting in the down position ends the test and the score is generated by the total correct sit-ups to that point. Failure to follow instruction constitutes a failure.

You must perform a minimum of 30 sit-ups in a maximum of one minute.

TEST #2: Push-ups (measures muscular endurance, upper body).

The push up test measures the upper body's muscular endurance. The hands are placed slightly wider than shoulder width apart, with fingers pointing forward. The administrator places one fist on the floor below the subject's chest. Starting from the up position (elbows extended), the subject must keep the back straight and lower the body to the floor until the chest touches the fist, then push back up. This is one repetition. Resting is done only in the up position with the back straight. Both hands and the balls of both feet must remain in contact with the floor. If any other part of the body touches the floor, this ends the test and the score is generated by the total correct push-ups to that point. The total number of correct push-ups that the candidate can do within one minute is the score. Failure to follow instruction constitutes a failure.

You must perform a minimum of 25 push-ups in a maximum of one minute.

TEST #3: Vertical Jump (measures anaerobic power, explosive leg strength)

A measure of explosive power, the vertical jump is scored based on the best jump out of three attempts. The subject stands with one side toward the wall or vertical leap recorder and reaches up as high as possible to mark his/her standard reach while flatfooted. The subject then jumps as high as possible and marks the spot on the wall or vertical leap recorder. Prior to the jump, one foot must remain stationary on the floor. The actual leap must be initiated off of both feet. Failure to follow instruction constitutes a failure.

The minimum score is 15.5 inches above your standard reach mark.

TEST #4: 1.5 Mile Run (measures aerobic capacity, cardio respiratory)

The test is administered on a standard indoor track when possible. Candidates must complete 12 laps. When an indoor track is not available the 1.5 mile will be ran on a hard flat surface. The test is measured in minutes and seconds. Candidates should warm up and stretch prior to the run. The object is to complete the 1.5 miles in as little time as possible. Failure to follow instruction constitutes a failure.

You must run 1.5 miles in a maximum time of 15:00.

YOU MUST PASS ALL SEGMENTS OF THIS PHYSICAL FITNESS TEST IN ORDER TO PROCEED FURTHER IN THE HIRING PROCESS.

How to prepare for the Physical Fitness Test

The following guidelines will help prepare you to take the Sheriff's Office Physical Fitness Test.

PRIOR TO ENGAGING IN THIS PROCESS, WE RECOMMEND YOU CONSULT A PHYSICIAN.

TEST #1: Sit-ups

Determine how many sit-ups you can do in one minute. At least three times per week, do three sets.

TEST #2: Push-ups

Determine how many push-ups you can do in one minute. At least three times per week, do three sets.

TEST #3: Vertical Leap

Measure your standard reach (standing flat footed on the floor) on a wall and then jump and mark the wall at your maximum jump height. Do this until you can jump at least 15.5 inches above your standard reach.

TEST #4: 1.5 Mile Run

Walk/jog a 1.5 mile distance and steadily progress until you can meet the minimum requirements given above