

**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.

### **Washington County Sheriff's Office - Handgun Familiarization Test**

All applicants for sworn law enforcement positions must pass each the following five tests in order to proceed further in the hiring process.

NOTE: This handgun is a training weapon provide by the Washington County Sheriff's Office. This handgun is the same type as our issued handgun with the exception that the weapon has been modified and cannot fire or discharge.

1. With an unloaded weapon and the weapon in a normal firing grip, the pad of the trigger finger must touch the face of the trigger without radically altering the firing grip.
2. With an unloaded weapon and with no magazine in the weapon successfully pull the slide back and forth twelve (12) times with both hands.
3. With an unloaded weapon and an unloaded magazine in the weapon, successfully pull the trigger twelve times with both hands.
4. With an unloaded weapon and an unloaded magazine in the weapon, successfully depress the magazine release 3 times.
5. With an unloaded weapon and with no magazine in the weapon, pull the slide back and lock it in the open position three times.