

Marion County Sheriff's Office

Physical Readiness Test



"To whom much is entrusted, much is expected"

INTRODUCTION

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 are levels below which a deputy's capacity to safely and effectively learn and perform frequent or critical job tasks is compromised. Higher levels of readiness/fitness are associated with better performance of physical job tasks required of Marion County Sheriff's Deputies.

Physical Readiness Test (PRT) Administration

The PRT is comprised of a battery of four events:

1. One Minute Sit-Ups
2. Maximum Push-Ups
3. 300-Meter Run
4. 1.5-Mile Run/Walk

Tests should be administered in the above order. The test battery process should be sequenced as follows:

I. Warm-up (7-10 minutes)

- A. General warm-up - 2-3 minutes of easy jogging, jumping jacks, squat-thrusts, etc.
- B. Stretching (active and/or static) - 5-7 minutes, include stretches for shoulders, back, upper/lower legs

II. Physical Readiness Test (PRT)

- A. One Minute Sit-Ups (5 minutes rest)
- B. Maximum Push-Ups (10 minutes rest)
- C. 300-Meter Run (15 minutes rest)
- D. 1.5 Mile Run/Walk

III. Cool-down (5 minutes)

- A. Walking (keep walking to avoid blood pooling in legs)
- B. Easy stretching

Test Protocols

Strict adherence to the following protocols is mandatory. Variances from these procedures limit the ability to gauge fitness progress

ONE MINUTE SIT-UP TEST

Purpose

This 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. Perform this test on a mat, carpeted surface, or grass.

Equipment

- Mat
- Stopwatch or a clock with a sweep second hand
- Partner

Procedures

1. Read the instructions to the participants.
2. Demonstrate the event, pointing out common errors.
3. Have the participant lie on his or her back, knees bent, and heels flat on the floor. Hands over the ears or with arms crossed and hands on shoulders. A partner holds down the feet using hands only.
4. Have the participant perform as many correct sit-ups as possible in one minute. 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.
5. The score is the number of correct sit-ups.



Script

Use the following script to prepare the participants. *The sit-up measures the muscular endurance of the abdominal muscles. Lie on your back, with your knees bent at a 90 degree angle, and your heels on the mat. Your feet may be together or apart, but the heels must stay in contact with the mat. Your partner will hold them for you (but can't kneel on them). Your fingers must stay interlocked behind your head, or hands cupped behind the ears, throughout the event. When I say "Go," lift your upper body by bending at the waist. Touch your elbows to your knees, and return to the starting position. When returning to the starting position, the shoulder blades must touch the mat. I will count a repetition each time you return to the starting position. You may rest, but only in the "up" position. Do not arch your back or lift your buttocks from the mat. If you fail to keep your fingers interlocked or hands cupped behind the ears, fail to touch your elbows to your knees or shoulder blades to the mat, or if you arch your back or lift your buttocks, you will receive a warning. After one warning, incorrect repetitions will not count. You will have one minute to do as many sit-ups as possible. I will give you signals at 30, 15 and 5 seconds remaining. Your score is the number of correct sit-ups. Watch this demonstration . . . Are there any questions?*

Tips for the Test Administrator

- Make sure that the hands remain interlocked behind the head or cupped and touching the head behind the ears. Interlocked means that some parts of the fingers overlap.
- The knees must remain at a 90 degree angle throughout the exercise.
- The buttocks must remain in contact with the floor at all times.
- Any resting must be done in the "up" position.

MAXIMUM PUSH-UP TEST

Purpose

This 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.

Equipment: None

Procedures

(refer to Figures 12-15)

1. Read the instructions to the participants.
2. Demonstrate the test, point out common errors.
3. Have the participant get down on the floor into the front leaning rest position.
4. Have the participant lower the bodies until the upper arms are parallel to the floor, and then push up again. The back must be kept straight, and in each extension up, the elbows should reach a position of “soft” extension. Resting in the up position (only) is allowed.
5. The score is the maximum number of push-ups completed with no time limit.



Script

Use the following script to prepare the participants. *The push-up measures the muscular endurance of the upper body. Place your hands on the ground wherever they are comfortable, approximately shoulder width apart. Your feet may be together, or up to 12 inches apart.*

Both feet shall touch the mat. Your body should be in a straight line from the shoulders to the ankles, and must remain that way throughout the exercise. Keep your head up and spine in alignment. When I say “Go,” lower your body by bending your elbows until your upper arms are parallel to the ground. Then return to the starting position by straightening your arms. You may rest in the up position. If you fail to keep your body in a straight line, keep your hands in position, descend to where your upper arms are parallel to the floor, or to extend your elbows in the “up” position, you will receive a warning. After one warning, incorrect repetitions will not count. There is no time limit. Do as many correct push-ups as possible. Your score is the number of correct repetitions. Watch this demonstration . . . Are there any questions?

Tips for the Test Administrator

- Ensure that participants maintain a relatively straight line from their shoulders to their ankles.
- Be alert for “head bobbers,” participants who move their heads up and down without lowering/raising their bodies.
- The person counting repetitions should be at a 45 degree angle to the participant’s head and shoulders to see if the participant lowers the body until the upper arm is parallel to the ground while checking correct body alignment.
- The participant may have to touch the floor with his chest to attain or approach the “parallel” position.
- Ensure that a flat non-slip surface is available. A mat, carpet, solid floor, or grass are all acceptable.
- No changes in hand position are allowed during the event. Resting must be done in the “up” position.

300-METER RUN TEST

Purpose

This is a test of anaerobic capacity, which is important for performing short intense bursts of effort such as foot pursuits, rescues and use of force situations.

Equipment

- Stopwatch
- Track or marked course (300 meters = 328 yards or 984 feet)
- Visible or audible starting device (whistle, flag, etc.)

Procedures

1. Read the instructions to the participants.
2. Have participants warm up for one minute and keep loose while waiting for start.
3. Instruct participants to cover the distance as fast as possible.
4. Have participants line up at the starting line. Give the command “Go” (audible or visual) and begin timing.
5. The score is the time (to the nearest tenth of a second) it takes to complete the course.

Script

Use the following script to prepare the participants.

The 300-meter run measures your anaerobic capacity. You must complete the run without any help. At the start, you will line up behind the starting line. When I say “Go” (or describe a visual command, such as dropping a flag or clipboard) the clock will start. You will run (describe the course, including a clear description of the finish line). Your goal is to run the distance as quickly as possible. I (we) will record your finish time. After the run, continue walking for a few minutes to cool down. Are there any questions?

Tips for the Test Administrator

Participants may finish very close to each other in this event. Have assistance in recording times or run participants in heats. Ideally, a designated stopwatch should be used for each runner.

1.5-MILE RUN/WALK TEST

Purpose

This test is a measure of cardiorespiratory 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.

Equipment

- 440-yard track or marked, measured level course with good footing
- Stopwatch or a clock with a sweep second hand
- Numbered vests or other participant identifiers (if needed)

Procedures

1. Read the instructions to the participants.
2. Have participants warm up and stretch before the run.
3. Instruct participants to cover the distance as fast as possible but begin at a pace they think they can sustain 10-15 minutes (not too fast).
4. Have participants line up at the starting line. Give the command "Go" and begin timing. If several participants run at once, have one administrator call out times at the finish while an assistant records the names and respective times.
5. Have participants cool down after running the course by walking for an additional five minutes or so. This prevents venous pooling, a condition in which the blood pools in the legs so less is returned to the heart. Walking enhances the return of blood to the heart, prevents light headedness, and aids recovery.
6. The score is the time it takes to finish the course to the nearest second.

Script

Use the following script to prepare the participants. *The 1.5 mile run/walk measures your cardiorespiratory endurance or aerobic power. You must complete the course without any help. At the start, you will line up behind the starting line. When I say "Go," the clock will start. You will begin running at your own pace. To complete the 1.5 miles, you will (tell the runners how many laps they must run, or describe the course, including the finish line, if not run on a track). Your goal is to finish the 1.5 miles in as fast a time as you can. Try not to start too fast, but at a pace you can sustain for about 10 to 15 minutes. You may walk, but walking will make it difficult to meet the standard. You may run alongside another runner for help with the pace, but you may not physically assist or be assisted by another runner. I will call off your time at the end of each lap (if run on a track), and will record your finishing time. At the end of the run, continue walking for about five minutes to cool down. Are there any questions?*

Tips for the Test Administrator

- Have runners in sight at all times, and have quick access to EMS (cell phone, car radio, etc.).
- Be aware of environmental conditions. Extreme heat, cold, humidity, elevation or poor footing will affect performance times and could increase risk of injury. Choose your testing site and schedule with these factors in mind. If conditions are warm, have water available.
- If not running on a measured track, measure your course carefully. Automobile odometers may not be accurate. A measuring wheel is better.
- If running on a track, instruct the participants to move out of the inside lane if they decide to walk.
- Using an assistant test administrator will give you flexibility in case someone needs help during the event. The assistant can either take over timing duties or provide help to the participant. The assistant can also be used to assist with recording times if there are many runners.
- The timer should call off the times in minutes and seconds as the runners cross the finish line.

PHYSICAL READINESS TEST SCORING

Each of the-four PRT events measures a different component of physical fitness, each of which is a determinant of a deputy's readiness to perform essential job tasks. To pass the PRT, a participant must score a minimum of 10 points on *each* of the four PRT events. Performance below the level required for 10 points in any event is substandard and results in failure of the PRT. Twenty points is the maximum possible for each event, a total of 80 being the highest possible PRT score.

<u>POINTS</u>	<u>1-Minute Sit-ups (reps.)</u>	<u>Pushups (reps.)</u>	<u>300 Meter (seconds)</u>	<u>1.5 Mile (min:sec)</u>
20	55 +	62 +	48.0 -	9:57 -
19	51 - 54	56 - 61	48.1 - 51.0	9:58 - 10:50
18	47 - 50	50 - 55	51.1 - 54.0	10:51 - 11:43
17	43 - 46	44 - 49	54.1 - 57.0	11:44 - 12:36
16	39 - 42	38 - 43	57.1 - 59.0	12:37 - 13:29
15	35 - 38	32 - 37	59.1 - 62.0	13:30 - 14:20
14	31 - 34	30 - 31	62.1 - 65.0	14:21 - 14:56
13	27 - 30	28 - 29	65.1 - 68.0	14:57 - 15:32
12	23 - 26	26 - 27	68.1 - 71.0	15:33 - 16:08
11	19 - 22	23 - 25	71.1 - 74.0	16:09 - 16:43
10	15 - 18	21 - 22	74.1 - 77.0	16:44 - 17:17
0	< 15	< 21	> 77.0	> 17:17

PHYSICAL READINESS TEST (PRT)

The Marion County Sheriff's Office adopted the Deputy Physical Readiness Test (PRT) on _____.

Applicants must score at least the following minimums on each of the four events:

1-Minute Sit-ups: 15 repetitions
Maximum Push-ups: 21 repetitions
300-Meter Run: 77.0 seconds
1.5 Mile Run/Walk 17 minutes 17seconds

All events in the battery must be performed strictly according to the published protocols.

I PRINT NAME: _____ acknowledge that I have had ample opportunity to ask questions regarding the physical readiness test. Having been adequately informed of the procedures and possible risks, I, the undersigned, acknowledge that my participation is voluntary in the physical ability process for the position of Deputy with the Marion County Sheriff's Office. It is my express intent in signing this form to release Marion County, Oregon and the Marion County Sheriff's Office, and their employees from any claims whatsoever or costs incurred in connection with said claims, which may arise as a result of my participation in the physical readiness testing process. This waiver and release is granted freely, without coercion or any other inducement.

Photo Identification Verified

PRT RESULTS

Test Event	Raw Score	Points
1-MINUTE SIT-UPS		_____
MAXIMUM PUSH-UPS		_____
300-METER RUN		_____
1.5-MILE RUN/WALK		_____

TOTAL

By signing this form, I affirm that I personally administered the physical readiness test according to the published protocols and witnessed the test results listed on this form as being true and correct. I understand that falsifying required information, by commission or omission, may be grounds for revocation of any certification I may possess.

(Examiner's Printed Name, Title, and Date)

(Examiner's Signature)

**Marion County Sheriff's Office
Informed Consent, Waiver and Release
Marion County Physical Readiness Test**

I understand that participation in the physical readiness evaluations, which I am about to undergo are an integral part of the selection process for the position of deputy with the Marion County Sheriff's office. I have voluntarily requested to become a candidate for the aforementioned position and I voluntarily desire to undergo the ensuring pre-employment physical abilities test.

Explanation of the Physical Readiness Test

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III. Cool-down (5 minutes)

- A. Walking
- B. Easy stretching

Test Protocols

Strict adherence to the following protocols is mandatory. Variances from these procedures limit the ability to gauge fitness progress.

POSSIBLE RISKS AND DISCOMFORTS OF THE PHYSICAL READINESS TEST

There is a risk of certain physiological changes/hazards occurring during or following any physical activity involving maximum exertion. These changes/hazards may include muscle strains, ligament sprains, falls, contusions, abrasions and abnormalities of blood pressure or hear rate or cardiac complications in rare instances as well as other physiological difficulties. A physician will not be present during the evaluation. Should the applicant experience any adverse reactions, they may, at their own will, immediately terminate participation if the applicant's health appears to be in peril while taking this test. Personnel trained in emergency first-aid/CPR will be available.