

# FORSYTH COUNTY SHERIFF'S OFFICE PHYSICAL TEST INSTRUCTIONS

## Introduction

An evaluation of physical fitness requirements for performing the duties of an officer has identified a number of important physical fitness abilities. An assessment of their fitness which relates to job performance is administered in a timed circuit (one activity following the other) on a pass/fail basis. The test must be completed successfully, in sequence and within the specified time limit; otherwise the person would receive an incomplete for the test.

## Physical Activity List

Each of the test activities must be completed successfully prior to moving on, to the next item in the circuit. Failure to complete any of the test items will be marked as an incomplete for the applicant. All test items with the exception of the weight carry, must be completed within the strictly enforced time limit. Explanations are offered on any parts where the applicant has questions. On the command of "GO" the applicant begins the physical abilities test.

The test circuit is made up of the following activities:

### **Station 1                      Start and run 50' (two turns)**

**Justification:** Applicants are required to move quickly from one place to another during the routine performance of their duties (e.g., responding to a call for assistance)

**Activity:** Run the course outside of the markers as quickly as possible to the stairs.

### **Station 2                      Stair Ascend/Descend**

**Justification:** Applicants are required to run up and/or down flights of stairs during the routine performance of their duties (e.g., responding to a call for assistance at a different level). Applicants must be able to ascend and descend stairs quickly.

**Activity:**

1. Enter the stair run from the front
2. Run up and down the stairs making sure the applicant touches each stair. Repeat six times.

3. When completing the descent portion of the stairs run on the first trip, turn right outside the cone and return to the front of the stairs, on the second descent, turn left outside the cone, third right, fourth left, fifth right, on the sixth and final descent run to the next station. Do not touch the hand rails. If the handrails are touched the participant will be required to run that one set of stair climb again.

**Station 3                      Mobility, Agility, and Speed Run**

**Justification:**                      Applicants are required to routinely negotiate and maneuver around obstacles during the performance of their duties. On occasion the obstacles must be negotiated as quickly as possible.

**Activity:**

1. Run around each marker in succession jumping the hurdles placed in between as quickly as possible. If a hurdle is knocked over the participant must place it back and attempt to jump it until successful.
2. On reaching marker #10, run completely around the marker and proceed to station 4, the Push/Pull station.

**Station 4                      Push Station**

**Justification:**                      Applicants are required to push open doors or push on people in order to gain control over them, etc. During the performance of these activities, officers are required to move, change directions and still maintain a level of control over themselves, objects and persons.

**Activity:**

1. Push the handle away until the weight (50 lbs) has reached its maximum height.
2. Move from side to side as quickly as possible keeping the weight up and ensuring that the line on each side is touched before moving back to the other side. The participant must shuffle their feet from side to side in each direction without crossing their feet.
3. This activity must be completed three times as quickly as possible. If the participant fails to complete this step by not pushing the weight to maximum height or not stepping on the line the station must be completed again until done correctly.

**Station 5                      Pull Station**

**Justification:** Applicants are required to pull open doors or pull on people to gain control of them, etc. During the performance of these activities, officers are required to move, change directions and still maintain a level of control over themselves, objects and persons.

**Activity:**

1. Pick up the rope, gripping it with both hands.
2. Pull the weight (50lbs) off the floor by pulling with the arms.
3. Move from side to side as quickly as possible keeping the weight up and ensuring that the line on each side is touched before moving back to the other side. The participant must shuffle their feet from side to side in each direction without crossing their feet.
4. This activity must be completed three times as quickly as possible. As above, if the station is not completed correctly the participant must repeat the station.

**Station 6 Modified Squat Thrust and Stand**

**Justification:** During the course of their duties officers occasionally are required to perform strenuous work at high intensity for short periods of time. This strenuous work places a high anaerobic demand on the body as well as requiring the officer to think and control his/her body in recovering from pushes, trips, etc. and potentially having to regain a standing position after lying on the floor from their back or chest.

**Activity:**

1. Start the activity from a standing position to a forward chest touch, squat thrust then stand. In performing this activity, the chest must be in contact with the mat when in the prone position prior to the standing position being regained.

Sequentially the exercise is:

- a) Start from a standing position.
- b) Bend the knees and place the hands on the mat just ahead of and outside the feet.
- c) Thrust the feet out and lie on the mat face down placing the chest in contact with the mat.
- d) Regain the standing position by bringing the feet back under the body and stand.
- e) This activity should be completed as quickly as possible, thus it is not necessary to demonstrate clinical positions. In fact, it would be unreasonable to expect perfect positions. However, the chest must touch the mat.

2. Vault over the 2'6" high rail by placing your hands on the rail and jumping over. No other part of the body should touch the rail except for the hands. The applicant should land in a standing position on the other side of the rail.

3. Complete a backward squat thrust by reversing the procedure of the forward squat thrust. Ensure that the shoulder blades touch the mat before regaining the seated position and standing up.

4. Vault back over the rail again not allowing any part of the body to touch the rail except the supporting hands, and land on the mat in a standing position on the opposite side ready to complete the second set of chest touches to the mat.

5. Continue the chest and back touch activities until 9 vaults over the rail have been completed and 5 forward and 5 backward thrusts have been properly performed. Stop the time immediately when the applicant stands after the last back touch. If the vault or thrust squats are not completed correctly the participant will be prompted to attempt them again until done correctly and time will continue to run.

#### **Station 7**

#### **Weight Carry and Finish**

**Justification:**

Applicants are required to lift and carry heavy objects and/or persons. More often two or more officers may carry a person or other heavy object under controlled conditions. This section of the test is not timed, but should be completed immediately following the above physical agility course.

**Activity:**

1. Pick the weight (70lbs) up to waist height, using both hands, by bending the legs and lifting in a manner so as to reduce and avoid potential injury.

2. Carry the weight 25' out to and around the marker and back to the starting point. Place the weight back on the floor, bending your legs to reduce and avoid injury.

