

# PITTSYLVANIA COUNTY SHERIFF'S OFFICE

## Physical Demands For Deputy Sheriffs

- |     |   |     |    |
|-----|---|-----|----|
| 1.  | Drive a full size four (4) door sedan.  | YES | NO |
| 2.  | Quickly enter and exit above described sedan.                                 | YES | NO |
| 3.  | Change tire on the above sedan.   | YES | NO |
| 4.  | Participate in vigorous defensive tactics.                                    | YES | NO |
| 5.  | Be trained in firing and safe handling of shotgun and semi-automatic handgun. | YES | NO |
| 6.  | Pursue arrest subject over and around obstacles.                              | YES | NO |
| 7.  | Wrestle combatant subject to the ground.                                      | YES | NO |
| 8.  | Walk for long distances and periods of time.                                  | YES | NO |
| 9.  | Drive a vehicle safely at night.  | YES | NO |
| 10. | Wear a SCBA (self contained breathing apparatus) (to include a face mask).    | YES | NO |
| 11. | Must be able to be exposed to chemical agents used in law enforcement.        | YES | NO |
| 12. | Law Fit Requirements (see back)   | YES | NO |

Applicants Signature \_\_\_\_\_ Date \_\_\_\_\_

## Basic Academy Recruits Law Fit Requirement

The law fit program has six different tests to determine fitness for the recruit. The tests are weighted for both age and gender. The age categories are 20-29, 30-39, 40-49 and 50+. During the beginning of the academy the recruit will run through all categories of the law fit to include:

1. **1.5 mile run or 3 mile walk** - depending on age and gender a good time for this run is between 12 and 15 minutes.
2. **Maximum bench press** - Required to work out with weights 2-3 times a week. At the end of the academy a good score would be bench-pressing 80-100% of the recruits weight.
3. **Pull-ups or lat pull downs**- Pull-ups are done from a hanging position. Recruits must touch their chin off the bar on their way up, then break the 90-degree angle with their elbow on the way down to a full hanging position. A good score would be between 8-10. Lat pull down - Lat pull down exercise consist of putting weights on a pulley machine. Recruit takes a bar that is over their head and pulls down on the bar until the bar touches the shoulder area. A good score is between 30-35, men are required to pull down 100 lbs. and women are required to pull down 70 pounds.
4. **Sit and Reach**- Recruit will sit with their feet in a box, stretch with both arms over their head and go as far as they can reach past their toes. A good score would be between 30-35 centimeters.
5. **Sit-ups** -Required to complete 100 sit-ups daily. Goal for end of academy is 40 45 in a timed minute.
6. **Agility course** - 15-yard sprint, then jump over a 3-foot ditch, another 20-yard sprint to a 5-foot wall that you must climb over. Once over the wall - run 10 yards and then do a low crawl for ten feet. Run another 15 yards to a step, step up and down 12 times. Run another 10 yards to climb through a window. Once through the window, run another 10 yards and drag a 150 lb. dummy 10 yards. Once dummy drag is complete, run another 10 yards and simulate shooting a handgun in a six-inch opening. A good score for this event is between 1 minute and 1 minute 10 seconds.