

Physical Fitness Testing Standards  
For  
**Deputy Sheriff Applicants**

The Police Officer Professional Standards regarding physical fitness have recently changed and are now part of the screening and selection process used by law enforcement agencies throughout the Commonwealth. You must attain the minimum standards to be considered for employment and to attend the police academy in Richmond.

The physical fitness test consists of five events and you must attain a minimum score of 50. Extra points are not awarded for exceeding the standards. Events and scoring standards are listed below:

**Test #1 Bench Press**

Lift 55.3 % of body weight, 9 points up to 73% of body weight for 11 points

**Test#2 Sit Ups**

Perform 13 sit ups for 9 points up to 18 sit ups for 11 points

**Test#3 300 Meter Dash**

Run in 68 seconds for 9 points or 65 seconds for 11 points

**Test#4 Push Ups**

Perform 14 push ups for 9 points or up to 25 push ups for 11 points

**Test#5 1.5 Mile Run**

Run 1.5 miles in 17 minutes and 56 seconds for 9 points or 16 minutes and 15 seconds for 11 points.

This is a one time screening test. There will be no retesting because of poor performance or injury.

Physical Fitness Testing Standards  
For  
**Court Security Officer Applicants**

**Test #1 Sit Ups**

Perform 12 sit ups in 1 minute

**Test #2 Push Ups**

Perform 12 push ups

**Test #3 Dummy Drag**

Drag a simulated prisoner from a cell into the courtroom area

**Test #4 Make a Radio Transmission**

Make a simulated radio transmission requesting help in the courtroom

The Physical Fitness testing will be conducted at the track at Central Hardin High School at 8 AM the day of the test. Any one arriving after 0800 will not be allowed to test. No exceptions.

Those wishing to be considered for both a Certified Court Security Officer position and a Deputy Sheriff position must meet the Deputy Sheriff Standards. Uniform for the physical agility test is at your discretion. Sweats and running shoes are recommended. The 300 meter dash and the 1.5 mile run will be conducted out of doors regardless of the weather conditions.

The Adult Basic Education Test. Fours sections dealing with math, reading, language and spelling. Calculators may **not** be used in the math section. Minimum passing score is 70. The TABE test will be administered at the Hardin County Justice Center (new courthouse) at 1300. Applicants should arrive at the courthouse at 12:45. Individuals arriving after 13:00 will not be allowed to take the test.

You must also meet the following additional standards:

- Must be 21 years of age.
- Not have been convicted of a felony.
- Receive a favorable criminal background check.
- Pass a medical exam to include a drug screening.
- Receive a favorable credit history check.
- Pass a polygraph examination.
- Pass a psychological suitability screening.

Those individuals who pass both tests and are among the top ten will then be scheduled for an oral interview. All scores will then be compiled and an Order of Merit List will be developed. Offers of employment will be made to persons on the list at the discretion of the Sheriff until all vacancies are filled. The list will also be used to fill any unexpected vacancies during the current calendar year. Failure of any drug screening, medical exams, psychological screening or polygraph examinations will be cause for the withdrawal of any offer of employment. Lateral transfers (individuals already certified as Court Security Officers or Police Officers in the Commonwealth) may take priority over individuals on the Order of Merit List.