

OFFICE OF THE SHERIFF MARSHALL COUNTY

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JAIL OFFICER PHYSICAL FITNESS TEST

Physical fitness is a status pertaining to the individual officer having the physiological readiness to perform maximum physical effort when required.

This test consists of two areas:

Aerobic-capacity of cardiovascular endurance pertaining to the heart and vascular system's capacity to transport oxygen. It is also a key area for heart disease in that low aerobic capacity is a risk factor.

Strength-pertains to the ability of muscles to generate force. Upper body strength and abdominal strength are important area in that low strength levels have a bearing on upper torso and lower back disorders.

Test 1. Applicant must run 400 meters then drag 150 lb. dummy 50 ft., this must be completed in two minutes forty five seconds (2:45) or less to pass. (This is to simulate running through the facility to a housing unit and dragging a fellow officer to safety).

Test 2. Applicant must lift a 165 lb. dummy that is suspended in the air, must lift high enough to take pressure off the strap for a minimum of fifteen seconds to pass. (This simulates an inmate hanging themselves and an officer lifting them up to take pressure off until another officer can assist them).

These requirements are for male and female applicants.