

## **Preparing for the Spokane County Sheriff's Physical Ability Test**

Spokane County Sheriff Deputies have unique job functions, some of which can be physically demanding and dangerous. A deputy's capability to perform those functions can affect personal and public safety. Training for the required skills is often more vigorous and demanding than the day-to-day job functions that the deputy faces. Physical fitness underlies a deputy's ability to perform many of the frequent and critical job tasks as well as the demanded training of skills. The minimum fitness standards identified below are the requisite levels for a deputy to effectively learn the frequent and critical job motor skills. Higher levels of fitness are associated with better performance of physical job tasks required by the Spokane County Sheriff's Office and Washington State Criminal Justice Training Commission (WSCJTC) Basic Law Enforcement Academy (BLEA).

The Spokane County Sheriff's PAT is comprised of four tests:

- 300-Meter Run (*71 seconds or less*)
- Maximum Push-Ups (no time limit) (*Minimum 21*)
- Sit-Ups (One Minute) (*Minimum 30*)
- 1.5-Mile Run/Walk (*14:31 or less*)

Tests may be administered in the above order. While not required, the test process should be sequenced as follows:

1. Warm-up (5-10 minutes) may be self-directed or led by test personnel.
  - General warm-up - 2-3 minutes of easy jogging, jumping jacks, etc.
  - Stretching - 5-7 minutes, include stretches for shoulders, back, upper and lower legs.
2. Physical Ability Test
  - 300-Meter Run (15 minutes rest)
  - Sit-Ups (One Minute) (5 minutes rest)
  - Maximum Push-Ups (10 minutes rest)
  - 1.5 Mile Run/Walk
3. Cool-down (5 minutes)
  - Walking - keep walking to avoid blood pooling in legs.
  - Easy stretching.

**Candidates must meet the minimum requirement in each category AND reach an overall score of 160 points in order to pass the Physical Ability Test.** The participant who scores below the minimum has failed that category but will be allowed to continue on the other test items with the option of same day re-test. The participant who scores above the maximum on a given category will not be awarded any additional points to apply towards that test or any other tests. Achieving only the minimum in every category will not result in a passing score on the Physical Ability Test for the Spokane County Sheriff's Office.

### **300-METER RUN**

#### **Purpose**

This test measures anaerobic capacity used in high intensity baton and defensive tactics training, and is important for performing short intense bursts of effort such as foot pursuits, rescues and use of force situations.

Scored in seconds: 56 – 71 Mean: 63.5

### **ONE-MINUTE SIT-UP TEST**

#### **Purpose**

This test measures the muscular strength/endurance of the abdominal muscles, which are used in self-defense and high intensity arrest-simulation training. Further these muscles are important for performing tasks that involve the use of force, and it helps maintain good posture and minimize lower back problems.

Scored in repetitions: 30 – 38 Mean: 34

### **PUSH-UP TEST**

#### **Purpose**

This test measures the muscular strength/endurance of the upper body muscles in the shoulders, chest, and back of the upper arms (the triceps) used in high intensity self defense and arrest simulation training. This is important for use of force involving pushing motion breaking one's fall to the ground, use of the baton, etc.

Scored in repetitions: 21 – 35 Mean: 28

### **1.5-MILE RUN / WALK TEST**

#### **Purpose**

This test is a measure of cardio-respiratory endurance (or aerobic capacity) used in extended control and defensive tactics training. 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.

Scored in seconds: 13:35 – 14:31 Mean: 14:02