



**CIVILIAN DETENTION OFFICER
PHYSICAL ABILITY
TESTING COMPONENTS**

Appropriate Attire

Applicants must wear appropriate athletic attire to participate in the physical ability testing. We recommend sweat shirt and pants or tee shirt and shorts with tennis shoes. Jewelry such as watches, rings, bracelets, and necklaces should be left at home. Polk County is not responsible for lost or damaged personal property.

How will physical ability be measured?

The Physical Ability Test Battery consists of three (3) basic tests. Each test is a content valid test. The tests will be given in sequence.

What are the standards?

The actual performance requirement for each test is based upon norms of current employee population. The applicant must pass every test component.

What are the components?

1. 400 Yard Run

- ❖ The applicant must run two (2) complete laps around the course. Care must be exercised on turns to avoid a fall.

This component tests the applicant's aerobic fitness/endurance as it relates to those job activities which involve emergency response running.

2. Weight Drag/Figure – 50 Feet

- ❖ Following the 400 Yard Run, the applicant will lift a 150 pound simulator from the ground by grasping the wrists of the simulator. The applicant must drag the simulator 50 feet.

This component tests the applicant's ability to manipulate a weight as a simulation of job related activities which requires physical manipulation as well as endurance.

Components 1 and 2 must be completed in 2 minutes and 45 seconds in order to advance to the Weight - Lift Component. **Failure to complete these components in the required time will disqualify the applicant.**

3. Weight – Lift Component

- ❖ The applicant will be required to lift a 165 pound suspended simulator six inches and hold for a period of 15 seconds. **Failure to complete this component will disqualify the applicant.**

This component tests the applicant's strength ability to lift an inmate who had attempted suicide by hanging.