

WEBER COUNTY SHERIFF'S OFFICE		POLICY AND PROCEDURES	
SUBJECT: Physical Ability Testing for ADSCAP		CHAPTER/SECTION NO.:16.16, 16.17,16.18	
EFFECTIVE DATE: 10/7/03		REVIEW DATE:	
AMENDS/SUPERSEDES:		APPROVED: <u>**See Master File</u> Sheriff	
STANDARD NUMBER: N/A			

16.16 Purpose

- 16.16.1 This policy is established to develop a consistent and clear physical testing process as one element of the Advanced Deputy Sheriff's Career Advancement Program (ADSCAP). Law Enforcement is extremely demanding and has responsibilities that require members to remain physically fit. Physical ability testing is the way that the Weber County Sheriff's Office has chosen to ensure that those sworn deputy's participating in the ADSCAP can carry out necessary law enforcement activities with a high quality of service and safety.

16.17 Policy

- 16.17.1 Ability testing will be done and passed in order to gain maximum points assigned to the physical ability component.
- 16.17.2 Sworn deputies are given other opportunities to improve and retest if they fail to pass the test.
- 16.17.3 The criteria for passing the test is determined using actual testing times observed by testing moderators.

16.18 **Procedure**

16.18.1 The deputy's physical ability test has five components:

- A. 1.5 Mile Run (15 minutes,54 seconds)
- B. One RM Bench Press (Push 75% of body weight)
- C. Pushups (25 minimum/continuous)
- D. Sit-Ups (35 minimum/one minute)
- E. Vertical Jump (16 inches)