

Physical Agility Test

Staff will conduct resting heart rate and blood pressure readings. A three minute step test will be completed. Immediately after completion of the step test, heart rate and blood pressure readings will be obtained again. If blood pressure and heart rate readings are within acceptable limits, participants will proceed to one of four stations. Participants with blood pressure and heart rate readings that are not within the acceptable limits will be monitored by medical staff and not allowed to proceed further.

Station 1:

Participants will complete the following:

- A. Crunches (60 sec)
- B. Push-ups (60 sec)
- C. Squats (60 sec)

Station 2:

Participants will complete the SCCJA approved obstacle course. This will include running, jumping, climbing stairs, low crawling, climb over a 4 ft. wall, climbing through a window, moving/dragging a weight (Redman dummy), while changing direction on the run. *(See page 3)*

Station 3:

Ruck March – Approximately ½ mile walk carrying an approximately 25 pound back pack.

J. Reuben Long Detention Center

Physical Agility Testing

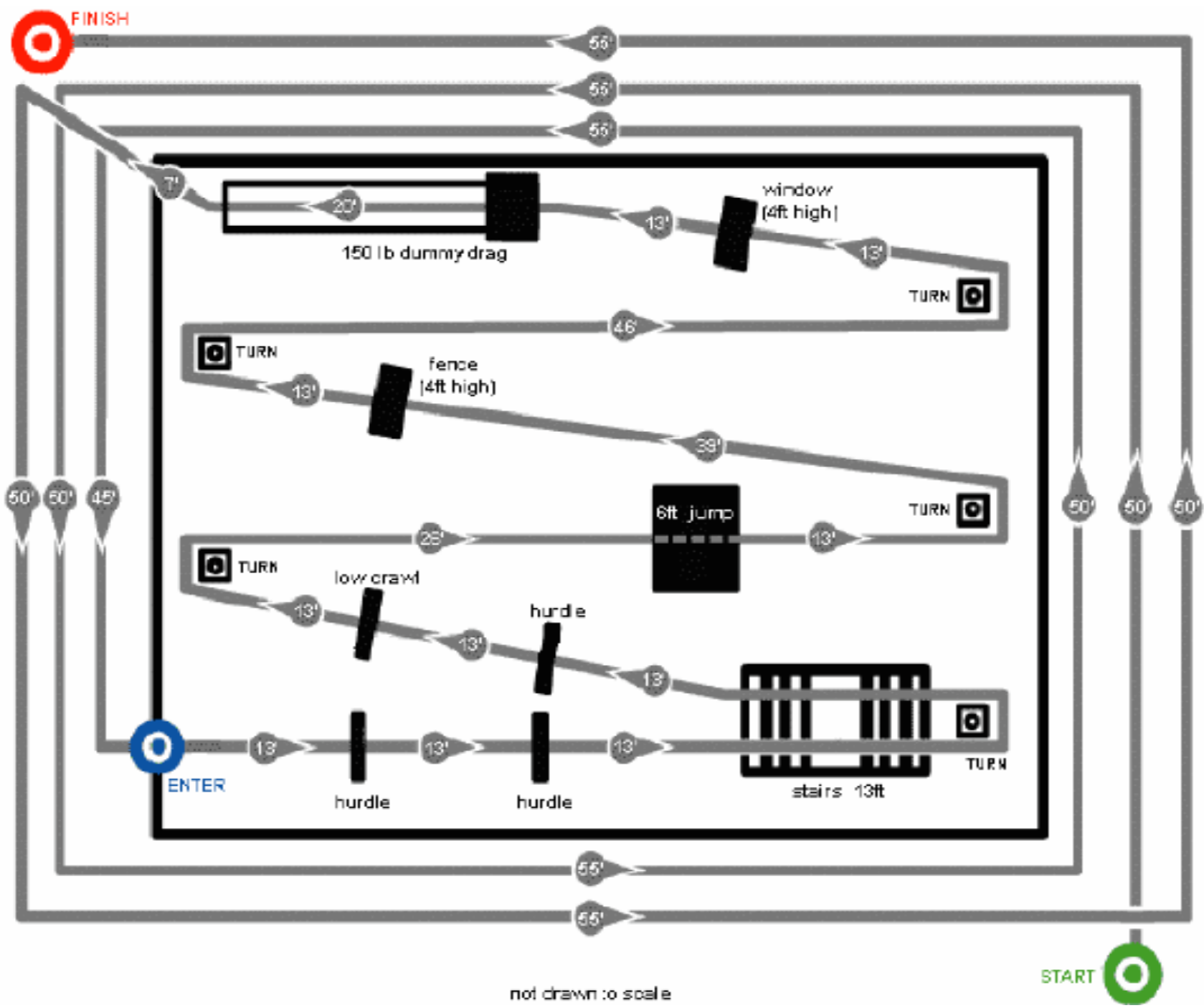
Name: _____ Age: _____ Circle One: M / F Date of Test: _____
(Age and Gender used for Heart Rate purposes ONLY)

Resting HR: _____ Resting BP: _____ / _____
(180) or (110) Cannot Test AHA Standard for Emergency Care Training Officer: _____

HR after 3-min step-test: _____ BP after 3-min step test: _____ / _____
(180) or (110) Cannot Test AHA Standard for Emergency Care

Step Test Recovery: (Circle One) Excellent Good Average Below Average Average Poor Very Poor

Exercise	5	4	3	2	1
Crunches (60 sec) <i>Job-related tasks: Dynamic strength (muscular endurance for lifting or carrying).</i>	36+	35-31	30-26	25-21	20-16
Push Ups (60 sec) <i>Job-related tasks: Absolute strength (dragging, pulling, carrying, or lifting).</i>	36+	35-31	30-26	25-21	20-16
Squats (60 sec) <i>Job-related tasks: Leg Power (short pursuit, dragging, pulling, bending, or climbing)</i>	36+	35-31	30-26	25-21	20-16
Obstacle Course <i>Job-related tasks: Use of force endurance (upper body strength, leg power, climbing, pulling, steps, anaerobic power, agility, and flexibility)</i>	2:06 -	2:07-2:27	2:28-2:48	2:49-3:09	3:10-3:30
Ruck March <i>Job-related tasks: Aerobic power (sustained pursuit)</i>	5:00 or less	5:01-5:30	5:35 -6:30	6:31-7:00	7:01-7:30



not drawn to scale