

Sheffield Police Department

Physical Ability Assessment Standards

Vertical Jump Test

This is a measure of jumping or explosive power. It is important for pursuit tasks that require jumping and vaulting.

Procedures:

1. Subject stands with one side toward the wall and reaches up as high as possible to mark his/her standard reach on a measuring device.
2. Subject jumps as high as possible and marks the spot on the wall above his/her standard reach mark. Prior to jump, one foot must remain stationary on floor.
3. Score is difference between the standard reach and top of the jump mark, to the nearest half inch.
4. The best of three trials is the score.

Sit Ups

Procedures:

1. Subject to lie on floor with knees fully bent while partner holds feet (partner cannot kneel on feet.)
2. Subject to have fingers interlocked behind head.
3. Subject to complete as many full sit ups in one minutes time.
4. Subject may only rest in the upwards position
5. The score is the number of correct sit ups completed.

Push Ups

Procedures:

1. Subject to start in the up position, hands placed slightly wider than shoulders width apart.
2. Subject fingers should be pointing forward and back should be straight.
3. Subject bends elbows lowering body towards the floor.

4. Subject when lowering body should touch measuring block (approximately four inches from the floor.)
5. Subject returns to the upright position.
6. The score is the number of correct full body pushups performed in one minute's time.

1.5 mile Run

Procedure:

1. Subject will be required to run, walk or jog one and a half miles.
2. The score will be based on the subjects time and age bracket.

300 Meter Run Test

Procedure:

1. All participants will have a ten minute warm up and stretching period.
2. Subject will at the start of a whistle run $\frac{3}{4}$ of a lap around a quarter mile track at maximum level of effort.
3. Score will be based on the subjects time and age bracket.
4. All participants will walk for 3 to five minutes immediately following the test to cool down.

Other Information

1. **All participants' scores will be based on the Cooper Standards for age and gender.**
2. **Any participant unable to complete any of the test due to injury or sickness will be deemed unfit to continue and will be dismissed from further testing.**
3. **All participants will be given basic instructions at the start of each event on proper execution of each event.**
4. **All participants will complete a waiver form prior to admittance to the test.**
5. **All participants must have a photo I.D to be admitted to the test.**

6. All participants looking to move forward in the hiring process must place in the fair to superior range of the Cooper Standards for age or gender in all five events.