



Correctional Officer Physical Readiness Test

The Correctional Officer Physical Readiness Test is comprised of five areas. There is a minimum level each participant must meet to pass the area and the minimum in each area must be met.

1. **880-Yard Walk/Run/Jog**

Maximum time is 8 minutes. Score is the time passed from starting.

- Run or walk an 880-yard distance as fast as possible.

2. **Ladder Climb**

Climb a 15' ladder to a solid platform and climb back down. Score is Pass or Fail

- Climb up the ladder to the platform, dismount to the platform
- Remount the ladder from the platform, climb back down.

3. **Lift/Walk Test**

Lift a 1-50 pound object, walk 20 feet and place it on a table at least 36" high. Score is pass or fail.

- Participant kneels to pick up the object
- Participant walks 20' on a marked course
- Participant places the 50 pound object on top of the 36' platform.
- Completely release the object before picking it up again and returning the 20' back to the start line.

4. **Dexterity/Flexibility Test**

Simulates bending down to search several people in success and to apply mechanical restraints to several offenders and crouching down to manipulate keys in locks. Score is pass or fail.

- Participant stands five feet from the property box or similar object
- Participant bends down without assistance. While kneeling, participant must at no time drop to one or both knees or down to a seating position.
- With the keys in hand, unlock and remove the padlock
- Repeat this action 4 more times.
- At the end of the 4th repetition, secure the lock on the object.

5. **Search/Flexibility Test**

Kneel down, climb under a 24" barrier to search under the object. Score is pass or fail.

- Participant lies completely on their back before maneuvering under the barrier head first
- Move under the barrier to mid-chest before backing out and coming to a standing position.