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.