



RHODE ISLAND
DEPARTMENT OF PUBLIC SAFETY
Headquarters

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Steven G. O'Donnell
Commissioner
Department of Public Safety

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Dear Candidate:

Information contained in this booklet has been compiled by staff members of the Rhode Island Department of Public Safety to better prepare you for the second phase of the recruit selection process — the *physical fitness test*. Only those candidates who receive a passing grade on the *written examination*, the first phase of the recruit selection process, will be scheduled to participate in the physical fitness test. This information is being provided to you several weeks prior to the administration of this test to assist you in your preparation.

If you receive a passing grade on the written examination, you will be notified by letter when and where to appear for the physical fitness test. As soon as you are notified that you have received a passing grade on the written examination, you must contact your physician to schedule an appointment for a physical examination to confirm that you are physically fit to participate in the next phase of the recruit selection process: the *physical fitness test*. Your physician must sign and complete the Physical Fitness Test Medical Certificate. This certificate *must* be presented on the date of your physical fitness test. If a candidate does not present the fitness test medical certificate on their assigned physical fitness test date, that candidate will be excluded from the recruit selection process.

If you should have any questions regarding the second phase of the recruit selection process, please feel free to contact a member of the Division of Sheriffs at (401) 275-2913.

Sincerely,

Steven G. O'Donnell
Colonel
Superintendent



RHODE ISLAND DIVISION OF SHERIFFS RECRUIT TRAINING ACADEMY



PHYSICAL FITNESS TEST FOR THE POSITION OF DEPUTY SHERIFF

Each Physical Fitness Test event examines a specific area of physical fitness. These specific areas include: *Explosive Power, Dynamic Strength, Anaerobic Power and Aerobic Power.* The Physical Fitness Test is comprised of five (5) test events. Candidates must pass each event to continue in the recruit selection process. These events are listed as follows:

TEST EVENTS	MEASUREMENTS
1) Vertical Jump	Explosive Power
2) Sit Up	Dynamic Strength
3) 300 Meter Run	Anaerobic Power
4) Push Up	Dynamic Strength
5) 1.5 Mile Run	Aerobic Power

The Rhode Island Division of Sheriffs requires each candidate to provide a **Fitness Test Medical Certificate** showing that he/she can participate in the physical fitness test. Each candidate is required to bring the enclosed **Physical Fitness Test Medical Certificate** (page 3), along with the **Minimum Physical Fitness Standards Sheet** (page 4/5), and the **Fitness Test Procedure Sheet** (pages 6-10) to his/her physician.

The Fitness Test Medical Certificate must be completed by your physician within **sixty (60) days of your physical fitness test date**. This certificate must be presented at the test site on your assigned test date. Failure to present this certificate will exclude you from taking the physical fitness test and further participation in the recruit selection process.

YOU MUST PRESENT THIS COMPLETED FORM AT THE PHYSICAL FITNESS TEST

PHYSICAL FITNESS TEST MEDICAL CERTIFICATE

Dear Physician:

The following named individual has submitted an application to become a Rhode Island Deputy Sheriff: **(To Be Completed By Candidate)**

NAME: _____

ADDRESS: _____

The Rhode Island Division of Sheriffs requires each candidate to bring a completed Physical Fitness Test Medical Certificate to the physical fitness test before he/she will be allowed to participate in this test. A statement must be obtained from a licensed physician that the candidate is of sufficient physical conditioning to undergo a physical fitness test.

Enclosed in this package is a listing and description of the individual events (page 6-10) and the minimum physical fitness standards (pages 4/5) a candidate must attain. We ask that your evaluation be based upon this criteria. In the event this candidate successfully completes this physical fitness test, a medical examination (Post Conditional Offer of Employment) will be conducted at a later time, at our expense, by a physician designated by the Rhode Island Department of Public Safety. Thank you for your assistance.

PHYSICIAN'S STATEMENT

I have examined the above-named individual on _____.
(date)

***Within sixty (60) days of the physical fitness test date.**

After reviewing each of the five (5) events, I find him/her to be of sufficient physical conditioning to allow the candidate to participate in the Division's physical fitness test.

COMMENTS (if any): _____

Physician's Signature

Please Type or Print:

Physician's Name: _____

Address: _____

Telephone Number: _____



RHODE ISLAND DIVISION OF SHERIFFS RECRUIT TRAINING ACADEMY



MINIMUM PHYSICAL FITNESS STANDARDS FOR MALES

<i>MALES 18 - 29</i>		<i>MALES 30 - 39</i>	
Vertical Jump	20.0	Vertical Jump	18.6
Sit Ups	38	Sit Ups	35
300 Meter Run	59.0	300 Meter Run	58.9
Push Ups	29	Push Ups	24
1.5 Mile Run	12:38	1.5 Mile Run	12:58

<i>MALES 40 - 49</i>		<i>MALES 50 +</i>	
Vertical Jump	15.5	Vertical Jump	13.5
Sit Ups	29	Sit Ups	24
300 Meter Run	72.0	300 Meter Run	83.2
Push Ups	18	Push Ups	13
1.5 Mile Run	13:50	1.5 Mile Run	15:06

- Candidates are tested at the 40th percentile using the Cooper Institute of Aerobic Research standards.



RHODE ISLAND DIVISION OF SHERIFFS RECRUIT TRAINING ACADEMY



MINIMUM PHYSICAL FITNESS STANDARDS FOR FEMALES

<i>FEMALES 18 - 29</i>		<i>FEMALES 30 - 39</i>	
Vertical Jump	14.0	Vertical Jump	12.0
Sit Ups	32	Sit Ups	25
300 Meter Run	71.0	300 Meter Run	79.0
Push Ups	15	Push Ups	11
1.5 Mile Run	14:50	1.5 Mile Run	15:43

<i>FEMALES 40 - 49</i>		<i>FEMALES 50 +</i>	
Vertical Jump	9.6	Vertical Jump	N/A
Sit Ups	20	Sit Ups	14
300 Meter Run	94.0	300 Meter Run	N/A
Push Ups	9	Push Ups	N/A
1.5 Mile Run	16:31	1.5 Mile Run	18:18

- Candidates are tested at the 40th percentile using the Cooper Institute of Aerobic Research standards.

DYNAMIC STRENGTH TEST

I. ONE MINUTE SIT UP:

A. *Objective:* To measure the muscular endurance of the abdominal and hip flexor muscles.

B. *Procedure:*

- 1) Candidates must lie on their backs, knees bent, with fingers interlocked behind the head, heels flat on the floor.
- 2) Testers will hold their feet down.
- 3) Heels will be approximately the distance between the candidate's outstretched thumb and small finger from the buttocks.
- 4) From the "down" starting position on back, candidates will raise their upper bodies, fingers interlocked behind head, and touch their elbows to their knees at the "up" ending position.
- 5) Candidates will then lower themselves until their shoulder blades touch the mat.
- 6) This will be considered one (1) sit up.
- 7) A sit up will not count if:
 - a) The fingers are not interlocked and the hands do not remain in contact with the back of the head at all times.
 - b) The elbows do not touch the knees.
 - c) The shoulder blades do not come all the way down to the mat.
- 8) At the completion of this test, the tester will inform the candidates how many sit-ups were correctly completed.
- 9) Candidates may rest only in the "up" position.
- 10) The candidate score will be the total number of correct sit-ups completed in one (1) minute.

II. ONE MINUTE PUSH UP:

A. *Objective:* This test measures the muscular endurance of the upper body (anterior deltoid, pectorals, and triceps).

B. *Procedure:*

- 1) The hands are placed slightly wider than shoulder width apart, with fingers pointed forward. The administrator places one fist on the floor below the candidate's chest. If a male is testing a female, a 3-inch sponge should be placed under the sternum to substitute for the fist.
- 2) Starting from the up position (elbows extended), the candidate must keep the back straight at all times and lower body to the floor until the chest touches the administrator's fist. The candidate then returns to the up position. This is one repetition.
- 3) Resting should be done only in the up position.
- 4) The candidate's score will be the total number of correct push-ups completed in one (1) minute.

AEROBIC POWER TEST

I. 1.5 MILE RUN:

A. *Objective:* To measure the efficiency of the cardiovascular system and how it responds to imposed physical demand.

B. *Procedure:*

- 1) Candidates will be allowed to warm-up and stretch prior to this test.
- 2) Candidates will run or jog a distance of 1.5 miles in the shortest time possible. Prior to the test, candidates should practice the 1.5 mile run several times to determine the best individual pace for the entire distance.
- 3) A group of candidates will run at the same time. Candidates may choose to walk or jog if they so desire. However, this event is an individual effort. All scores are individually recorded.

ANAEROBIC POWER TEST

I. 300 METER RUN:

A. *Objective:* Measure recruits anaerobic power capacity.

B. *Procedure:*

- 1) Candidates will be allowed to warm-up and stretch prior to this test.
- 2) Candidates will run a distance of 300 meters at a maximal level of effort. The time used to complete the distance will be recorded in seconds.

II. VERTICAL JUMP:

A. *Objective:* This is a measure of muscular explosiveness or strength of the candidate's legs.

B. *Procedure:*

- 1) Candidates stand with one side toward the wall and reaches up as high as possible to mark his/her standard reach.
- 2) Candidates jump as high as possible and marks the spot on the wall above his/her standard reach mark. Prior to jumping, one foot must remain stationary on the floor.
- 3) Score is the total inches, to the nearest ½ inch.
- 4) The best of three trials is the score.

CONCLUSION

A physically fit recruit will have the ability to carry out daily tasks with vigor and alertness without undue fatigue and with ample energy and strength to meet the above-average physical demands. The goal of the Rhode Island Division of Sheriffs Training Academy fitness program is to produce the highest level of fitness possible in each individual recruit. Objectives of the academy's physical training program include the following:

- 1) The recruit will exhibit a high level of fitness by achieving a balance of strength, flexibility, and aerobic conditioning.
- 2) The recruit will learn safe, efficient concepts and methods of improving and maintaining fitness.
- 3) The recruit will understand the positive connections between total fitness/wellness and job performance.
- 4) The recruit will develop confidence in himself/herself and esprit d'corps by achieving a high level of fitness with his/her classmates in a demanding physical training program.

It is important that you review this booklet in its entirety before taking the physical fitness test. In addition to the information outlined in this booklet, you will be given an orientation session at the physical fitness test site.