



Cumberland County SHERIFF'S OFFICE

Ennis W. Wright, Sheriff



Internationally Accredited Law Enforcement Agency

Deputy Sheriff

Job Related Physical Ability Test

NOTICE TO APPLICANT

Completed Preliminary Applications will be reviewed. If all information received is acceptable, candidates will be scheduled for the Physical Ability Test described below.

The Cumberland County Sheriff's Office Job Related Physical Ability Test is a baseline test to determine a candidate's ability to perform essential job functions of a Law Enforcement Officer. The information listed within this document allows candidates to practice and prepare for the Physical Ability Test. Success on this test should not be used by candidates to gauge their level of fitness. If hired by the Cumberland County Sheriff's Office for the position of deputy sheriff or deputy cadet, all candidates will continue to be challenged physically throughout their employment with the agency.

- The Cumberland County Sheriff's Office Physical Ability Test is scored on a Pass/Fail standard. Candidates must pass the Physical Ability Test to proceed in the Selection Process.
- In order to participate in the Cumberland County Sheriff's Office entry level Physical Ability Test you must complete a Cumberland County Sheriff's Office Medical History Statement.
- You **MUST** also complete and sign a Cumberland County Sheriff's Office Covenant, Waiver and Release Form.
- You **MUST** bring with you a Valid Driver's License to show proof of your identity.
- The Physical Ability Test will be administered on the scheduled day, RAIN or SHINE, so appropriate dress will be necessary. Furthermore, candidates are encouraged to bring water or fluids for hydration.
- **RETEST POLICY**: If a candidate fails the Physical Ability Test, he/she will be allowed to retest within the following 30 day period or the next available test date. The candidate must retry and successfully complete the entire test in order to proceed in the selection

process.

- Candidates will be disqualified for consideration of this position for a period of one year if he/she does not appear on the scheduled assessment date or fails the Physical Ability Test after the second attempt.

The Cumberland County Sheriff's Office Physical Ability Test is based on a modified version of the Fitness Standard established through the Police Officers Physical Abilities Test (POPAT).

- Testing relates to the ability of officers to perform essential functions of the job.
- Testing relates to minimizing the risk of excessive force situations.
- Testing relates to minimizing the known health risks associated with the public safety job.
- Testing relates to meeting the many legal requirements to avoid litigation and having a defensible position if challenged in court.
- Testing relates to the ability to perform emergency functions commonly encountered by law enforcement.

The Cumberland County Sheriff's Office Physical Ability Test (modified POPAT) consists of the following battery of tests:

**Scenario 1: Chase and apprehension (Must be completed in 7 minutes or less)
Candidate will start in sitting position in a chair.**

1. Chair to Cone 1 (40 feet) and back (around chair) 2 times.
2. Chair to Cone 2 (60 feet) while completing the following obstacles:
 - a. 4 foot broad jump
 - b. 4 foot fence climb
 - c. Crawl under obstacle (2 feet high).
3. Proceed from Cone 2 to the mat.
4. Roll drill, 2 repetitions (a through d is one repetition).
 - a. Start on top of 100lb. heavy bag with left knee on the mat.
 - b. Roll right until bag is over the body.
 - c. Continue to roll in same direction until back on top of the heavy bag (complete when right knee touches the mat).
 - d. Perform complete turn to the left until left knee touches the mat.
5. 10 push-ups.
6. Roll drill, 2 repetitions.
7. Mat to Cone 2 while completing the following obstacles:
 - a. 4 foot broad jump.
 - b. 4 foot fence climb.
 - c. Crawl under obstacle (2 feet high).

8. Cone 2 to step box.
9. 20 step ups (up and down) on the step box.
10. Roll drill, 2 repetitions.
11. 10 Push-ups.
12. Roll drill 2 repetitions.

Scenario 2: Rescue (Must be completed in 4 minutes or less)
Candidate will start in a sitting position in a chair.

1. Run from Cone 1 to Cone 2 (50 feet) and back 2 times.
2. 20 Steps (up and down) on the step box.
3. Run from Cone 1 to Cone 2 (50 feet) and back 2 times.
4. Drag 165 lb. dummy from Cone 3 to Cone 4 (25 feet) and back to Cone 3 (past the line adjacent to cone each way).

For additional information pertaining to the completion of the Preliminary Application Packet or the Physical Ability Test, please contact the Human Resources Office within the Cumberland County Sheriff's Office at (910) 677-5484 or (910) 323-1500.

The Cumberland County Sheriff's Office reserves the right to modify this SELECTION process at any time without prior notice.