

Corrections Physical Fitness Assessment Criteria

Overview:

- Applicants will be required to perform the station tasks in the following order with a cumulative time of **7 minutes or less**.
 - The time clock will run continuously from start to finish.
 - If any one task is not completed as described, the applicant must repeat that task until completed correctly before moving on.
- Applicants will move between the 6 stations and complete each station **at their own pace** while keeping in mind the total necessary competition time of 7 minutes or less.

Station 1: 200 meter (0.12 mile) run - move from the starting point to ending point at his/her own pace.

- Applicant should only have one foot on the ground at a time. If two feet are on the ground at any time, this constitutes a walk and not a run.

Station 2: Weighted carry - pick up and carry a **12 pound** weight and traverse **25 yards (75 feet)**.

- No specific technique is required as long as the weight stays suspended.

Station 3: Cone/hurdle course - enter a cone course consisting of six zigzag lines with each line approximately **20 yards (60 feet)** apart and traverse six hurdles.

- In the middle of each of the six zigzag lines there will be a **24" tall hurdle**. The applicant will need to maneuver over at their own pace for a total of six **24" tall hurdles**.
- Any method of maneuvering over the top of the hurdle is acceptable as long as the hurdle remains upright. If the hurdle is knocked down, the applicant will immediately have to circle back to that hurdle and redo it until he/she is successfully able to maneuver over the hurdle.

Station 4: Dummy drag - drag a **150-pound dummy with a strap 30 yards (90 feet)**.

- The dummy will be laying on its' back with its' head oriented to the finish line and the strap wrapped around the upper torso. Applicant can grab the strap in any manner they are comfortable and can either face the dummy or face away from the dummy while moving. The applicant must make a continuous effort to drag the dummy and if he/she loses grip on the strap at any point, he/she must immediately reacquire the strap and continue dragging the dummy until the feet cross the finish line.

Station 5: Heavy bag lift and hold - lift a **90-pound heavy bag off of the ground for 1 minute.**

- The bag must be completely lifted off the ground and cannot rest on the applicant's feet and/or legs.
- If at any point the applicant drops the bag on the ground, legs, or feet, the 1-minute timer will be restarted and the overall 7 minute timer for the entire assessment will continue to run.

Station 6: Prone and supine vault exercise - applicant will lay on his/her back on one side of a **30" barrier** and will have to sit up and get to his/her feet and maneuver over the top of the barrier. Once on the other side of the barrier, the applicant will have to lay on his/her stomach and push up and get to his/her feet and maneuver back over the barrier to the starting side. This is one complete repetition and six repetitions will need to be completed.

- This means the applicant will have to lay on his/her back and his/her belly six times each and maneuver over the top of the barrier twelve total times before this task is completed.
- Applicant does not need to complete a strict sit-up or pushup to get to their feet.