

Sheriff's Office Vision Statement

The Frederick County Sheriff's Office is committed to providing services that are fair, impartial and effective while holding employees to the highest standards of efficiency, morality and professionalism.

The Sheriff's Office is comprised of skilled, dedicated professionals, striving to be proactive, rather than reactive where possible.

We are responsible and accountable to each other as well as the public we serve.

We believe in God, ourselves, our country, state and county.

We believe in the concept of continuous improvement in all our endeavors, always striving to be the best we can be.



LAW ENFORCEMENT BUREAU

ADMINISTRATIVE SERVICES DIVISION
110 Airport Drive East
Frederick, MD 21701
301-600-3661
TTY 301-600-7655

OFFICE OF THE SHERIFF
301-600-2168
FAX 301-600-1011

JUDICIAL OPERATIONS
100 West Patrick Street
Frederick, MD 21701
301-600-2162
FAX 301-600-3690

OPERATIONS DIVISION
110 Airport Drive East
Frederick, MD 21701
301-600-1046
FAX 301-600-1527

CORRECTIONS BUREAU

DETENTION CENTER
7300 Marcie's Choice Lane
Frederick, MD 21704
301-600-2550
FAX 301-600-2566

CENTRAL BOOKING
FAX 301-600-1791

WORK RELEASE CENTER
7281 Marcie's Choice Lane
Frederick, MD 21704
301-600-1727
FAX 301-600-3404

ALTERNATIVE SENTENCING
100 West Patrick Street
Frederick, MD 21701
301-600-1928
FAX 301-600-1084

CORRECTIONS BUREAU PRE-EMPLOYMENT PHYSICAL AGILITY TEST



Frederick County
Sheriff's Office

Charles A. Jenkins
Sheriff
Frederick County
Maryland

AGILITY TEST PART I

Sit-ups

Lie on your back with knees bent so that your feet are flat on the floor. Your partner will hold your feet and count the number of correct repetitions. Arms should be kept at your side or folded across your chest to perform sit-ups. This test measures muscular endurance for use of force situations, restraining holds, carrying and running at full speed. You must complete a minimum of 25 sit-ups in one minute to pass this portion.

AGILITY TEST PART II

Push-ups

From the prone position, place hands palms down under shoulders, push your body upward until arms are straight, do not lock elbows! From this position when told to start you will lower your body until your chest touches partner's fist, keeping your back straight at all times. The rest position is in the up position only! This test measures absolute strength for use of force, lifting/carrying persons and restraining struggling persons. You must complete a minimum of 19 push-ups in one minute to pass this portion.

AGILITY TEST PART III

300-Meter Run

The 300-meter run will be on a hard flat surface. This is the best cardiovascular test available. This test will measure use of force beyond two minutes. You must complete the run in 75.3 seconds.

****Applicant must pass all segments of testing.****