

The Mission of the

Frederick County Sheriff's Office

The Frederick County Sheriff's Office is a full service law enforcement agency; an arm of the court, and a keeper of offenders. In this regard it exists to serve all the people of Frederick County with respect, fairness, and compassion. The Sheriff's Office is committed to the prevention of crime; the protection of life and property; the preservation of peace and order; the enforcement of laws and ordinances; the safeguarding of constitutional rights; and the safekeeping of prisoners.

The foundation is community service, with goals to enhance the quality of life, investigating problems as well as incidents, seeking solutions and fostering a sense of security in communities and individuals. The men, women, and officers of this office nurture public trust by holding themselves to the highest standards of performance and ethics.

To fulfill this mission, the Frederick County Sheriff's Office is dedicated to providing a quality work environment and the development of its members through training, education and leadership.

LAW ENFORCEMENT BUREAU

ADMINISTRATIVE SERVICES DIVISION

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Frederick, Maryland 21701

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OFFICE OF THE SHERIFF

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JUDICIAL OPERATIONS

100 West Patrick Street

Frederick, Maryland 21701

301-600-2162

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OPERATIONS DIVISION

110 Airport Drive East

Frederick, Maryland 21701

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DEPUTY SHERIFF PRE-EMPLOYMENT PHYSICAL AGILITY TEST



FREDERICK COUNTY SHERIFF'S OFFICE

Law Enforcement Bureau

Charles A. Jenkins
Sheriff
Frederick County
Maryland

AGILITY TEST PART #1

Vertical Jump

Applicant stands with one side toward the vertical jump apparatus and reaches up as high as possible to mark his/her standard reach on the apparatus. Applicant jumps as high as possible and marks the spot on the apparatus above his/her standard reach mark. Prior to jump, one foot must remain stationary on the floor. The best of three (3) trials is the score. This is a measure of jumping or explosive power. It is an important area for pursuit tasks that require jumping or vaulting. **Minimum requirements are: 15 inches.**

AGILITY TEST PART #2

Sit-ups

Lie on your back with knees bent so that your feet are flat on the floor, with hands cupped behind your head and fingers laced. The buttocks must remain on the floor with no thrusting of the hips. In the up position the individual should touch elbows to knees and then return until the shoulder blades touch the floor. Any resting should be done in the up position. Your partner will hold your feet and count the number of correct repetitions. This test measures muscular endurance for use of force situations, restraining holds, carrying, and running at full speed. **Minimum requirements for one minute duration are: 28 Reps.**

AGILITY TEST PART #3

300 Meter Dash

This test will be conducted on a measured course. This test measures the applicant's anaerobic power. Upon test completion a mandatory cool down period is enforced. This test will demonstrate an applicant's ability to chase subjects on foot. **Minimum requirement is: 70.1 seconds.**

AGILITY TEST PART #4

Push-ups

From the prone position, place your hands palms down under your 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 your partner's fist, keeping your back straight at all times. The rest position is in the up position only! This test measures muscular endurance for use of force, lifting/carrying persons, and restraining struggling individuals. **Minimum requirements for one minute duration are: 24 Reps.**

AGILITY TEST PART #5

1.5 Mile Run

The one and a half (1.5) mile run will be on a measured course. This is the best cardiovascular test available. Upon test completion a mandatory cool down period is enforced. This test measures use of force beyond two (2) minutes. **Minimum requirement is: 15:55 minutes.**

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

The Sheriff's Office physical agility test is based on the Cooper Institute standards and is designed to meet the Civil Rights Act of 1991. The Civil Rights

Act of 1991 forbids differences in standards based on sex and age in regards to performance standards for applicants.

