

WALLA WALLA COUNTY CORRECTIONS OFFICERS

PRE-EMPLOYMENT PHYSICAL FITNESS ABILITY ASSESSMENT

Date: June 28, 2017 Time: 9:00 a.m. Place: Borleske Stadium
Arrive by 8:45 a.m. 409 E. Rees Ave.
Walla Walla, WA

	<u>Minimum</u>	<u>Medium</u>	<u>Maximum</u>
1. Push ups	15 push ups	19 push ups	23 push ups

5 minute rest before next test

2. Sit ups (1 minute duration)	12 sit ups	15 sit ups	18 sit ups
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10 minutes rest before next test

3. 1.5 mile run	17 min., 17 sec.	16 min., 55 sec.	16 min., 37 sec.
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CORRECTIONS OFFICERS ACADEMY PHYSICAL ABILITY TEST (PAT) GUIDELINES

In order to comply with WAC 139-10-212 "Physical Requirements for Admission to Basic Correction Academies," Academy applicants are required to demonstrate a requisite level of fitness for training purposes prior to entrance. As a requirement of the position as stated in the job description "Must be able to obtain, within six (6) months, a Certificate of Corrections Officer" which is obtained by completing the Corrections Officer Academy. The Corrections Division PAT measures aerobic capacity, strength, and flexibility using three events: push-up, sit-up, and a 1.5-mile run. Failure to demonstrate the required level of fitness within the overall assessment will result in ineligibility for academy attendance and completion.