

WALLA WALLA COUNTY

PRE-EMPLOYMENT PHYSICAL FITNESS ABILITY TEST - CORRECTIONAL OFFICER

NAME: (Please Print): _____ Test Date: _____

POINTS

	Minimum	Medium	Maximum	Actual Time/Repetitions	Score
PUSH UPS (14 or fewer = Zero) 5 Minutes Rest before next test	15 push-ups =39.48 points	19 push-ups =50 points	23 push-ups = 60.53 points		
SIT-UPS (1 minute duration) (11 or fewer = Zero) 10 minutes rest before next test	12 sit-ups = 34.04 points	15 sit-ups = 40 points	18 sit-ups = 48.06 points		
1.5 MILE RUN (18 min. 17 sec. or more=Zero)	17 min, 17 sec. = 30 points	16 min, 55 sec. = 41 points	16 min, 37 sec. = 50 points		

TOTAL TEST SCORE.....

The participant must score at least the minimum points in each activity to more forward to the written test.

HOLD HARMLESS

I UNDERSTAND THAT THE Walla Walla County Pre-Employment Physical Fitness Ability Test consists of a series of competitive job-related physical activities. I hereby affirm that I am presently in good physical condition and consider myself physically capable of exerting all the necessary effort to do myself justice in this test.

In consideration of my being permitted to take this examination, I hereby agree to take full responsibility for any injury or results of over-exertion I may receive or cause to myself. I shall not hold Walla Walla County or any of its employees responsible for any injury or damages that I may incur as a result of my own actions during this examination. I also hereby affirm that I am presently in good physical condition and consider myself physically capable of exerting all the necessary effort to do myself justice in this test.

Signature of Applicant _____ Date _____

Testing Personnel's Signature _____

Testing Assistant's Signature _____