



CALVERT COUNTY SHERIFF'S OFFICE

PRE-EMPLOYMENT PHYSICAL ABILITY / ENDURANCE TEST

Each deputy sheriff applicant will be required to complete the below listed exercises to help evaluate his/her ability to perform the fitness requirements of the police academy and as a patrol officer.

1. Run 1.5 miles in 18 minutes or less.
2. Complete as many pull-ups as possible without dropping from the bar; minimum: one (1)
3. Complete as many sit-ups as possible in two (2) minutes; minimum: 25.
4. Complete as many push-ups as possible without breaking form; minimum: 15.
5. Perform a 4-ft. standing broad jump.
6. Climb three (3) flights of stairs.
7. Climb over a six (6) foot wall.
8. Drag 160 lb. dummy for 20 yards.