GREENVILLE COUNTY
SHERIFF'S OFFICE

GO - 123

GENERAL ORDERS

HEALTH AND FITNESS STANDARDS

PURPOSE:

Law enforcement is a high-stress occupation occasionally requiring deputies to perform physically demanding tasks. In order to successfully pursue, subdue, and apprehend a suspect, a deputy must be able to run, jump over objects, change direction rapidly, climb steps, and still have sufficient strength to control a suspect.

PROCEDURE:

Biennial medical fitness testing is offered on a voluntary basis for all full-time Sheriff's Office personnel. This testing includes:

1. Blood chemistry analysis.
2. Body fat composition.
3. Health risk appraisal.
4. Blood pressure check.

The medical fitness testing will be conducted by trained program coordinators that will provide individual health screening and fitness assessments, education and goal setting, as well as ongoing support and evaluation. Results are used to develop individual health, fitness, and exercise recommendations.

All deputies are encouraged to implement a personal fitness regimen designed to bring them into compliance with established fitness levels.

At the discretion of the Sheriff, employees may be required to submit to a physical fitness exam where necessary to determine their ability to carry out their duties (ie: questionable fitness for duty; workers compensation). This exam will be provided by the County at no cost to the employee.

BIENNIAL TESTING:

All personnel can volunteer to participate in the biennial testing according to their age group. The test consists of the following categories:

1. Flexibility Sit and Reach.
2. One point five (1.5) mile walk/run.
3. One-minute sit-ups.
4. One-minute push-ups.

Male and female testing norms are listed by age group and category. Norms are listed in Appendix A to this policy.

A biennial physical ability testing is intended to promote health and fitness among Sheriff's Office personnel. The evaluation is advisory in nature, to indicate where improvement may be needed.

No punitive action is taken for failing to complete the test in the time allowed.

LIGHT-DUTY ASSIGNMENTS:

Deputies with temporary medical exemptions may be placed on light duty status. Deputies with permanent medical exemptions are reviewed individually to determine placement in a position regarded as low-risk and non-contact. Such positions are limited, as sworn personnel are expected to be available for unrestricted assignment and all emergencies.

Light-Duty or Low-Risk positions for deputies with medical exemptions are identified as:

- Telephone Reporting Unit
- Front Desk
- Crime Prevention
- Crimestoppers Coordinator
- Some positions in CID, Support, and Administration
- Some supervisory positions

Note - Use of a Sheriff's Office vehicle while working in a light-duty capacity is at supervisor discretion.

PHYSICAL ABILITY TEST (PAT):

All Class I and reserve deputy applicants are required to participate in this test, unless the Sheriff grants an exemption. For Class I deputies, satisfactory completion of this test are required for graduation from the South Carolina Criminal Justice Academy. The course description is listed below:

1. The course measures a total of 870 feet (290 yards/265 meters).
2. The course consists of a series of nine interspersed individual tasks, arranged in continuous format that may be viewed as being essential (physical) job-tasked for law enforcement training:
   a. Running.
   b. Jumping (low hurdle).
   c. Climbing stairs.
   d. Low crawling.
   e. Jumping (broad-type).
   f. Climbing a fence (chain-link/four feet)
   g. Climbing through a window.
   h. Moving/dragging a weight (150 pounds).
   i. Changing direction on the run.
3. The applicant starts the course at a point indicated on the course.

4. The applicant runs one and ¾ laps around the perimeter of the course and enters the interior of the course at the point indicated on the course.
5. The first obstacle encountered in the interior consists of two low hurdles, one and a half feet high and four feet long, placed 13 feet apart.
6. After clearing the hurdles, stairs (five steps up to a 32-inch wide landing, 45 inches above the floor, and five steps down) must be negotiated twice.
7. Once the stair event is completed another low hurdle must be cleared; the applicant must then successfully negotiate a low crawl under an obstacle set at 2.5 feet above the floor.
8. The applicant must make a turn and clear a ditch simulation that is six feet in width.
9. Another turn is made and a chain-link fence (four feet high) must be climbed.
10. The applicant must make two additional turns and a four-foot high window must be successfully entered.
11. The applicant must then drag a 150-pound dead weight a distance of 20 feet.
12. After the weight drag, the applicant exits the course, completes one final lap around the perimeter and finishes at the point indicated on the course.

The time allowed for successful completion of this course is two-minutes and six seconds.

Hobart Lewis, Sheriff

Male Field Testing Norms

Flexibility Sit and Reach

AGE GROUP	POOR	FAIR	AVERAGE	GOOD	EXCELLENT
20-29	<9.75	10-12.75	13-18.75	19-21.75	>22
30-39	<8.75	9-11.75	12-17.75	18-20.75	>21
40-49	<7.75	8-10.75	11-16.75	17-19.75	>20
50-59	<6.75	7-9.75	10-15.75	16-18.75	>19
60+	<5.75	6-8.75	9-14.75	15-17.75	>18

1.5 Mile Walk/Run

AGE GROUP	POOR	FAIR	AVERAGE	GOOD	EXCELLENT
20-29	>22:26	22:26-15:50	15:49-12:14	12:13-9:57	9:56 OR FASTER
30-39	>24:45	24:45-17:33	17:32-13:34	13:35-10:51	10:50 OR FASTER
40-49	>29:15	29:15-20:33	20:32-14:51	14:50-11:56	11:55 OR FASTER
50-59	>33:17	33:17-22:27	22:26-15:50	15:49-12:32	12:31 OR FASTER
60+	>38:37	38:37-24:46	24:45-17:33	17:32-13:13	13:12 OR FASTER

One-Minute Sit-ups

AGE GROUP	POOR	FAIR	AVERAGE	GOOD	EXCELLENT
20-29	<32	33-36	37-42	43-47	48+
30-39	<24	25-28	29-34	35-39	40+
40-49	<19	20-23	24-29	30-34	35+
50-59	<14	15-18	19-24	25-29	30+
60+	<9	10-13	14-19	20-24	25+

One-Minute Push-ups

AGE GROUP	POOR	FAIR	AVERAGE	GOOD	EXCELLENT
20-29	<19	20-34	35-44	45-54	55+
30-39	<14	15-24	25-34	35-44	45+
40-49	<11	12-19	20-29	30-39	40+
50-59	<7	8-14	15-24	25-34	35+
60+	<4	5-9	10-19	20-29	30+

Female Field Testing Norms

Flexibility Sit and Reach

AGE GROUP	POOR	FAIR	AVERAGE	GOOD	EXCELLENT
20-29	<12.75	13-15.75	16-21.75	22-23.75	>24
30-39	<11.75	12-14.75	15-20.75	21-22.75	>23
40-49	<10.75	11-13.75	14-19.75	20-21.75	>22
50-59	<9.75	10-12.75	13-18.75	19-20.75	>21
60+	<8.75	9-11.75	12-17.75	18-19.75	>20

1.5 Mile Walk/Run

AGE GROUP	POOR	FAIR	AVERAGE	GOOD	EXCELLENT
20-29	>23:32	23:32-17:34	17:33-14:01	14:00-10:51	10:50 OR FASTER
30-39	>29:15	29:15-19:43	19:42-15:50	15:49-11:56	11:55 OR FASTER
40-49	>35:46	35:46-23:34	23:33-17:34	17:33-12:53	12:52 OR FASTER
50-59	>41:59	41:59-27:36	27:35-19:43	19:42-14:25	14:24 OR FASTER
60+	>50:49	50:49-33:18	33:12-23:34	23:33-15:50	15:49 OR FASTER

One-Minute Sit-ups

AGE GROUP	POOR	FAIR	AVERAGE	GOOD	EXCELLENT
20-29	<28	29-32	33-38	39-43	44+
30-39	<20	21-24	25-30	31-35	36+
40-49	<15	16-18	19-25	26-30	31+
50-59	<10	11-14	15-20	21-25	26+
60+	<5	6-9	10-15	16-20	21+

One-Minute Push-ups

AGE GROUP	POOR	FAIR	AVERAGE	GOOD	EXCELLENT
20-29	<5	6-16	17-33	34-48	49+
30-39	<3	4-11	12-24	25-39	40+
40-49	<2	3-7	8-19	20-34	35+
50-59	<1	2-5	6-14	15-29	30+
60+	0	1-2	3-4	5-19	20+

One-Minute Push-ups Modified

AGE GROUP	POOR	FAIR	AVERAGE	GOOD	EXCELLENT
20-29	<6	6-16	17-33	34-47	48+
30-39	<4	4-11	12-24	25-38	39+
40-49	<3	3-7	8-19	20-33	34+
50-59	<2	2-5	6-14	15-28	29+