

**Prince William Manassas Regional Adult Detention Center
Physical Fitness Test Elements**

**NOTICE
Effective as of March 1, 2022**

The Prince William Manassas Regional Adult Detention Center requires all Jail Officer applicants to successfully complete a Physical Fitness Test as part of the application process. You are required to sign a waiver of liability prior to participating in this process.

The Prince William Manassas Regional Adult Detention Center personnel will administer the test as follows:

STEP TEST: The first requirement for successful completion of the physical fitness test will be the successful completion of a 3 minute step test. The 3 minute step test is a preliminary cardiovascular screening technique that measures the heart rate in the recovery period following 3 minutes of stepping up and down on a 12 inch bench/step. The rate of stepping is 24 steps per minute, which must be maintained throughout the full 3 minutes. A 60 second heart rate will be taken beginning 5 seconds after the final step.

The following rates are minimum accepted rates:

Males: less than 148 beats per minute Females: less than 172 beats per minute

The following elements comprise the Physical Fitness Test:

SIT-UPS: Complete 20 sit-ups in 1 minute

PUSH-UPS: Complete 13 push-ups in 1 minute (chest to fist/sponge back remains flat)

VERTICAL JUMP: Jump at least 12 inches from a standing position

TRIGGER PULL: Pull weapon trigger 36 times strong hand and 14 times weak hand

300 METER SPRINT: Complete meter run within 84 seconds

80 METER SHUTTLE RUN: Complete 80 meter shuttle run within 45 seconds.

NOTE

*Please refrain from drinking coffee, soda, and energy drinks on the morning of the Physical Fitness Test. These drinks contain caffeine and sodium and may elevate your blood pressure, increasing the risk of dehydration. Properly hydrate with water during the 24 hour period prior to assessment. Avoid consuming too much water before the assessment as this will cause nausea and bloating. It is recommended that you eat a light to moderate meal consisting of foods such as whole grain breads and cereals, rice, pasta, potatoes and other vegetables an hour or two before your scheduled assessment.