RALEIGH COUNTY SHERIFF'S OFFICE
308 NED PAYNE DRIVE | BECKLEY, WV 25801
Sheriff Frank Priddy

RALEIGH COUNTY DEPUTY SHERIFF CIVIL SERVICE COMMISSION
215 Main Street | Beckley, WV 25801

Physical Ability Standards

PUSH-UPS (18 in one minute) Applicants must be able to complete 18 push-ups within one minute.

1. The hands of the applicant are placed about shoulder width apart. The administrator places a fist on the floor below the applicant's chest.
2. Starting from the up position (elbows fully extended), the applicant must keep the back straight at all times and lower the body to the floor until the chest touches the administrator's fist. Applicant then returns to the up position.

SIT-UPS (28 in one minute) Applicants must be able to complete 28 sit-ups within one minute.

1. The applicant starts in the up position, knees bent, heels flat on the floor, hands folded across the chest touching the shoulders.
2. The deputy holds the feet of the applicant down firmly.
3. In the up position, the applicant should pass the elbows over the knees then return until the shoulder blades touch the fist of the deputy / administrator. Any resting should be done in the up position.

1.5 MILE RUN (14 minutes 36 seconds)
Applicants must be able to complete the 1.5 mile run within 14 minutes and 36 seconds.
EQUIPMENT: A stopwatch or clock with a sweep second hand; an indoor or outdoor track or another suitable running area measured to 1.5 miles; testing forms to record data.

1. The applicant should refrain from smoking or eating for two hours preceding the test.
2. Allow adequate time prior to the test for stretching and warm-up exercises.
3. During the administration of the test, the applicant can be informed of the time. If several applicants run at once, their individual times at the finish can be called out and recorded.
4. An important consideration at the end of the run is the "cool down" period. The applicant is cautioned about sitting or standing around immediately after the run to prevent venous pooling. Applicant should walk an additional five minutes or so in order to enhance venous return and aid in recovery.

AT ANY TIME, APPLICANT FAILS ANY PORTION OF THE PHYSICAL ABILITY STANDARDS TESTTHAT IS A TOTAL FAILURE OF THE ENTIRE TEST AND THE APPLICANT'S PARTICIPATION CEASESAT THAT MOMENT.