

**DETENTION OFFICER
PHYSICAL ABILITY TESTING
COMPONENTS**

Appropriate Attire

Applicants must wear appropriate athletic attire to participate in the physical ability testing. We recommend sweatshirt and pants or t-shirt and shorts with tennis shoes. Jewelry such as watches, rings, bracelets and necklaces should be left at home. Story County is not responsible for lost or damaged personal property.

How will physical ability be measured?

The Physical Ability Test Battery consists of five (5) basic tests. Each test is a content valid test. The tests will be given in sequence.

What are the standards?

The actual performance requirement for each test is based upon norms of current employee population and Iowa Law Enforcement Academy (ILEA) standards. ***The applicant must pass every test component.***

The Five (5) Components:

1. Sit-Ups – ILEA Standards

Male - Age	20-29	30-39	40-49	50-59	60+
1 minute	38	35	29	24	19

Female – Age	20-29	30-39	40-49	50-59	60+
1 minute	32	25	20	14	6

2. Push-Ups – ILEA Standards

Male - Age	20-29	30-39	40-49	50-59	60+
1 minute	29	24	18	13	10

Female – Age	20-29	30-39	40-49	50-59	60+
1 minute	15	11	9	*12	*5

*Females in excess of 49 years of age may do push-ups on their knees.

3. Weight - Lift Component

- The applicant will be required to lift a suspended simulator (weighing approximately 150 pounds) a marked distance above the ground and hold for a period of 15 seconds.

This component tests the applicant's strength ability to lift an inmate who had attempted suicide by hanging.

4. 400 Yard Run

- The applicant must run a 400 yard distance course. Care must be exercised on turns to avoid a fall.

This component tests the applicant's aerobic fitness/endurance as it relates to those job activities which involve emergency response running.

5. Weight Drag/Figure - 50 feet

- Following the 400 Yard Run, the applicant will drag a simulator (weighing approximately 150 pounds) across the ground by grasping straps attached to the simulator. The applicant must drag the simulator 50 feet.

This component tests the applicant's ability to manipulate a weight as simulation of job related activities which requires physical manipulation as well as endurance.

Components 4 and 5 must be completed in a maximum of 2 minutes and 45 seconds. Failure to complete these components in the required time will disqualify the applicant.