

Detention Officer Applicant Process

1. Applicants will take a video Detention Officer test.
2. Applicants who pass the video Detention Officer test will advance to the physical agility portion of the process. Applicants **MUST** pass all aspects of the physical agility test to be eligible to advance to an interview.

Physical Agility Requirements (applicants must pass all three criteria):

	Required	Deviation
Sit-ups (one minute timed)	22	*20
Push-ups (one minute timed)	17	*13
1.5 mile run	16:55	*17

**Candidates will be allowed to pass if missing the required score on any one test but still scoring at or within the allowed deviation while scoring required score on the remaining two tests.*

3. Applicants who passed the video Detention Officer test AND had one of the top ten scores AND passed all aspects of the physical agility test will advance to the interview process.
4. Applicants advancing to the interview process will participate in a panel interview.
5. Top applicant(s) will receive a contingent job offer and then be asked to complete:
 - Background check including a criminal history
 - Pre-employment physical and urine analysis test for drugs
 - Psychological test
6. Final approval of the County Sheriff.

Continue to next page for more information regarding the physical agility requirements.

1.5 Mile Run

Applicants should not eat a heavy meal or smoke for at least 2 – 3 hours prior to the 1.5 mile run. Applicants should warm up and stretch thoroughly prior to the run.

Applicants should practice the 1.5 mile run before the test. Often applicants will attempt to run too fast early in the run and become fatigued prematurely.

Upon completion of the run, applicants will have a cool down period. Applicants should walk slowly for about five minutes immediately after the run to prevent venous pooling (i.e. pooling of the blood in the lower extremities, which reduces the return of blood to the heart and may cause cardiac arrhythmias).

Sit-Up Test

- 1. The applicant starts by lying on the back, knees bent, heels flat on the floor, with the hands cupped behind the ears. Avoid pulling on the head with the hands. The buttocks must remain on the floor with no thrusting of the hips.**
- 2. The applicant's feet are held down firmly by a test monitor.**
- 3. The applicant then performs as many correct sit-ups as possible in one minute.**
- 4. In the up position, the applicant should touch elbows to knees and then return until the shoulder blades touch the floor.**
- 5. Score is total number of correct sit-ups. Any resting should be done in the up position.**
- 6. Breathing should be as normal as possible.**
- 7. Neck remains in the neutral position.**
- 8. Do not pull on the head or neck.**

Push-Up Test

- 1. The hands are placed slightly wider than shoulder width apart, with fingers pointing forward. The testing monitor places one fist on the floor below the applicant's chest.**
- 2. Starting with the up position (elbows extended), the applicant must keep the back straight at all times and lower the body to the floor until the chest touches the test monitor's fist. Applicant then returns to the up position. This is one repetition. Applicants will have the option of doing modified push-ups. A modified push-up is performed on the hands and knees with the back straight and hands slightly wider than shoulder width apart.**
- 3. Resting should be done only in the up position. Both hands must remain in contact with the floor at all times.**
- 4. The total number of correct push-ups in one minute is recorded as the score.**