



**COOK COUNTY SHERIFF'S INSTITUTE FOR
LAW ENFORCEMENT EDUCATION & TRAINING
THOMAS J. DART, SHERIFF
MARIE RANGEL, DIRECTOR**



**SHERIFF'S POLICE ACADEMY
TRAINING INSTITUTE**

DEPARTMENT OF CORRECTIONS ACADEMY

PHYSICAL ABILITY TEST RELEASE AND WAIVER

Date: _____

To: Marie Rangel, Director
Cook County Sheriff's Bureau of Training and Education

From: Applicant _____ JDE# _____
(Applicant, please **PRINT** your full name)

I understand that the **Cook County Sheriff's Office** mandated **Physical Ability Test**, requires a degree of physical strength and agility and I recognize and acknowledge that there are certain risks of physical injury. As a participant in the **Cook County Sheriff's Office** mandated **Physical Ability Test**, I agree to assume all risks and to release, remise and discharge the Cook County Sheriff's Office, Cook County of Illinois, the Sheriff of Cook County, Cook County Department of Corrections, and/or any of its employees and/or agents thereof from any and all claims, demands and liabilities to me, my family or heirs as the direct or indirect result of any and all injuries, death, losses and/or damages to my person or property, I may consider to have been caused or may arise as the result of participating in any and all activities connected with or associated with the **Physical Ability Test**, including any errors or omissions by either the Cook County Sheriff's Office, its agents or employees, and/or any conditions or latent defects in and on the premises where the particular test is given; which are alleged to be the proximate cause of my injury.

I hereby affirm and declare that I have read all the foregoing terms, conditions and declarations and I fully understand and agree with them. In addition, I have reviewed the requirements of the **Physical Ability Test** and have discussed my physical ability to perform these tests with my physician.

Name: (Print) _____

Signature: _____

Date: _____

YOU WILL NOT BE TESTED UNLESS YOUR SIGNATURE HAS BEEN NOTARIZED.
(If you do not know what a notary is, call our office when you receive this document. (708) 974-5700)

NOTARY:→

Notary Signature

Date

Applicant: This form must be completed in its entirety and you must bring it with you on your scheduled Physical Ability Test date. Failure to follow these instructions will result in your disqualification.

MORAIN VALLEY COMMUNITY COLLEGE
9000 W. COLLEGE PKWY., BUILDING A140
PALOS HILLS, IL 60465
TELEPHONE: (708) 974-5700 FAX: (708) 974-0193

MEDICAL RELEASE FOR PHYSICAL ABILITY TEST

Date: _____

To: Marie Rangel, Director
Cook County Sheriff's Bureau of Training and Education

From: Doctor: _____ M.D.
(Doctor, please **PRINT** your full name)

I hereby certify that the following individual:

(First Name) (MI) (Last Name)

was examined by me on _____ / _____ / _____ and I have found that he/she is physically
(Month) (Day) (Year)

capable of participating in the Cook County Sheriff's Office Physical Ability Test. I certify that I have reviewed the exercises that compose the Physical Ability Test presented to me by the individual named above. I also certify that this individual is able to participate in vigorous physical exercise, with **NO RESTRICTIONS**, including running one and one half (1½) miles, completing up to thirty-seven (37) sit-ups, having to reach (while sitting) a maximum of over eighteen (18.8) inches and completing a bench press with the score based on a ratio of weight pushed divided by body weight.

Signature: _____ M.D.

Street Address: _____

City, State and Zip Code: _____

Telephone Number: _____

Physician's License Number: _____

Applicant: This form must be completed and signed by your personal physician (Doctor of Medicine) and you must bring it with you on your scheduled Physical Ability Test date. Only the original form will be accepted; no substitute forms, no faxes, no copies. Failure to follow these instructions will result in your disqualification. Note: Any false information, omissions or misrepresentations made on any documents submitted in this interview process will result in immediate disqualification as a candidate for any Cook County Sheriff's Bid Transfer.

CCDOC-2018-003

Physical Ability Test

The Cook County Sheriff's Office prohibits all unlawful political contacts and unlawful political discrimination in all decisions related to any employment action.

By signing below, I hereby certify that no Political Reasons or Factors were considered in any decision I made or action I took relating to this Employment Action. Further, I do not know of, nor do I have any reason to believe that anyone else considered or took action based on political reasons or factors with respect to this Employment Action.

Printed Name:

Signature:

Date:

PHYSICAL ABILITY TEST REQUIREMENTS

How Will Physical Fitness Be Measured?

The Physical Ability Test consists of four basic tests. Each test is a scientifically valid test. It is recommended that five minutes of static stretching be completed prior to each test. A five-minute rest is recommended between each test, with a fifteen-minute rest before the 1.5-mile run. The tests will be given in the following sequence with a rest period between each test.

1. **Sit and Reach Test**

This is a measure of the flexibility of the lower back and upper leg area. It is an important area for performing police tasks involving range of motion and is also important in minimizing lower back problems. The test involves stretching out to touch the toes or beyond with extended arms from the sitting position. *The score is in the inches reached on a yardstick.*



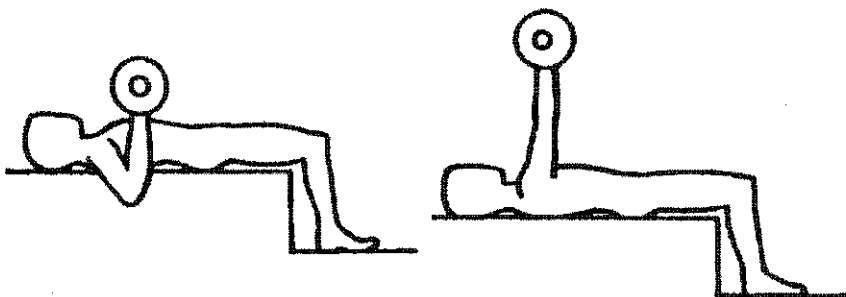
2. **1 Minute Sit-Up Test**

This is a measure of the muscular endurance of the abdominal muscles. It is an important area for performing police tasks that may involve the use of force and is also an important area for maintaining good posture and minimizing lower back problems. *The score is in the number of bent leg sit-ups performed in one minute.*



3. **One (1) Repetition Maximum Bench Press**

This is a maximum weight pushed from the bench press position and measures the amount of force the upper body can generate. It is an important area for performing police tasks requiring upper body strength. *The score is a ratio of weight pushed divided by body weight.*



1.5 Mile Run

This is a timed run to measure the heart and vascular system's capability to transport oxygen. It is an important area for performing police tasks involving stamina and endurance and to minimize the risk of cardiovascular problems. *The score is in minutes and seconds.*



What Are the Standards?

- The actual performance requirement for each test is based upon norms for a national population sample.
- The applicant must pass every test.
- The required performance to pass each test is based upon age (decade) and sex. While the absolute performance is different for the eight categories, the relative level of effort is identical for each age and sex group. All candidates are being required to meet the same percentile range in terms of their respective age/sex group. The performance requirement is that level of physical performance that approximates the 40th percentile for each age and sex group.

TEST	MALE				FEMALE			
	20-29	30-39	40-49	50-59	20-29	30-39	40-49	50-59
Sit and Reach	16.0	15.0	13.8	12.8	18.8	17.8	16.8	16.3
1 Minute Sit-Up	37	34	28	23	31	24	19	13
Maximum Bench Press Ratio	.98	.87	.79	.70	.58	.52	.49	.43
1.5 Mile Run	13.46	14.31	15.24	16.21	16.21	16.52	17.53	18.44

TIPS TO PREPARE FOR THE PHYSICAL ABILITY TEST

1.5 Mile Run

This test measures the heart and lungs ability to transport oxygen. It is important to practice for this run as approximately half of all candidates fail due to poor preparation for this segment. If you are not a regular runner, you will find this portion of the test to be very challenging.

- Exercise: A gradual increase in distance, duration and frequency is the best way to increase your aerobic ability. Begin your training by walking most of the distance, then increase your endurance until you can walk-run the distance, then continue to increase your performance until you can run the distance continuously, then eventually increase your performance so that you can complete the distance within the prescribed time limits.
 1. Weeks 1 to 4: Walk 1 to 2 miles, (increase as needed), 5 days per week.
 2. Weeks 5 to 8: Alternate walking and running, block by block, for a distance of 1 to 2 miles, every other day.
 3. Weeks 9 to 12: Run 1 to 2 miles every other day.

The distance and speed can be increased depending on your fitness level. Periodically run 1.5 miles for time to make sure you are increasing your speed. If your speed is not increasing, begin interval training every other day. (Interval training is alternating running and sprinting, either by minutes or by blocks).

Sit-up Test

This test measures muscular endurance of the abdominal muscles. It is advisable to practice doing this segment of the test in order to work out the timing and pace necessary to pass.

- Exercise: Training for sit-ups is progressive. Begin by performing as many bent leg, full sit-ups as you can in one (1) minute (hands must stay locked behind your back). Perform three (3) sets every other day, or at least three (3) times per week.
-

Sit and Reach

This is a measure of the flexibility of the lower back and hamstring area. Participants with tight or sore muscles will find this portion of the test to be somewhat challenging. Performing stretching exercises daily will increase your range of motion.

- Exercise #1: Sit on the ground, legs straight with knees locked, reach to touch your toes and hold for fifteen (15) seconds. Perform five (5) repetitions. Increase the number of repetitions weekly.
 - Exercise #2: Sit on the ground, legs straight with knees locked. Wrap a towel around your feet, hold each end and gently pull, drawing your body towards your feet. Hold for fifteen (15) seconds and repeat five (5) times. Increase the number of repetitions weekly.
 - Exercise #3: Stand with one leg crossed in front of the other, legs straight. Reach your hands towards your feet and hold for fifteen (15) seconds, then straighten up. Repeat five (5) times, switch the leg positioning and repeat. Increase the number of repetitions weekly.
-

1 Repetition Maximum Bench Press

This test measures the amount of force the upper body can generate.

- Exercise #1: Using a bench press, perform 8-12 repetitions of ½ your body weight. Do three (3) sets (rest between sets), three (3) times a week. As the repetitions become easier, increase the weight.
 - Exercise #2: Push-ups can also help increase your upper body strength. Perform as many push-ups as you can in one (1) minute. Do three (3) sets of that number, three (3) times per week. Increase the number of push-ups as your strength increases.
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Prior to beginning any exercise program, get approval from your physician