

# BASTROP COUNTY SHERIFF'S DEPARTMENT

## Pre-Employment Physical Assessment Guidelines

Applicants for **Patrol Deputy and Jailer** MUST meet the physical fitness requirements for one of the following options in order to be eligible for hiring:  
 \*The physical requirements pertain only to applicants applying for a position as a Patrol Deputy or Correctional Officer.\*

<b>Option A</b>
<i>Testing is based on age and gender</i>
1.5 mile run
Standard push-up, with no time limit
Abdominal crunches, 2 minute time limit
Sit & Reach

### Option A Requirements

Male	Time Limit	20-24	25-29	30-34	35-39	40-44	45-49	50+
Sit Ups	2 min	40	36	32	30	27	25	22
Push Ups	no time	38	35	33	31	28	26	23
1.5 Mile Run	min:sec	12:50	13:09	13:51	14:40	15:44	16:50	17:42
Female	Time Limit	20-24	25-29	30-34	35-39	40-44	45-49	50+
Sit Ups	2 min	36	32	28	26	23	21	18
Push Ups	no time	24	24	23	22	19	17	16
1.5 Mile Run	min:sec	17:00	17:22	18:19	19:03	19:35	20:26	22:36

\*Recovery between each fitness test should be active (i.e. slow walking, gentle stretching).

<b>Option B</b>
<i>Testing is based on age, weight and gender</i>
Concept 2 rower

### How to use the Concept 2 Rower Time and Percentage Calculator

1. Go to [www.bastropsheriff.org](http://www.bastropsheriff.org)
2. Click on "Employment"
3. Click on "Concept 2 Rowing Calculator"
4. Use the drop down boxes on the chart in the following areas: (Highlighted in grey)
  - a. Select Gender
  - b. Enter Weight in Pounds (lbs)
  - c. Select Age Range
  - d. Enter Target VO2 Max Percentage (35% effective 03/01/2016)

Once you have entered the information from a. through d. above, the formula will give you a target time to complete the 2000 meter row in order to meet the 35% requirement.