

GENERAL DISTRIBUTION

**WEST VIRGINIA
DIVISION OF CORRECTIONS
& REHABILITATION**

NUMBER: 148.01

DATE: 01 June 2021

**SUBJECT: PHYSICAL AGILITY TESTING
FOR CORRECTIONAL
OFFICERS**

POLICY DIRECTIVE

PURPOSE:

To establish the requirement of pre-employment physical agility testing for Correctional Officer applicants.

REFERENCE:

None.

RESPONSIBILITY:

No additional written instructions on this subject are required.

CANCELLATION:

Any previous written instruction on the subject, including DOC Policy Directive 148.01, dated 01 April 2007; RJA Policy 3022, dated 26 August 2015; RJA Policy 3028, dated 23 December 1991; and DJS Policy 130.01, dated 01 January 2015.

APPLICABILITY:

All facilities within the Division of Corrections and Rehabilitation (DCR). This Policy is available for general distribution.

DEFINITIONS:

Test Evaluator: A DCR employee designated by the Superintendent to administer the physical agility test who is certified in CPR/First Aid.

POLICY:

- I. Prior to any offer of employment with the Division of Corrections and Rehabilitation (DCR), prospective Correctional Officers shall successfully complete the established Physical Agility Test within the allotted time after undergoing a pre-agility physical examination conducted by appropriate medical personnel.
- II. Before the Physical Agility Test is administered each test will be explained and may be demonstrated by the test evaluator or designee. The Physical Agility Test is a three (3) minute timed event. Once the applicant begins the timer is not stopped until the applicant completes all aspects of the agility test. An applicant will be given three (3) trials to successfully complete the test. In the event of three (3) fails, the applicant must wait two (2) weeks before trying again. Prior to testing each applicant shall be given the opportunity to warm-up on his/her own.
- III. The following provides a description of each portion of the test. **Attachment #1** provides a diagram for setting up the test with designations for each Station.

Station (1)

The applicant begins the agility test by lying face down on the floor, with his/her head just short of the starting line. When the test evaluator or designee gives the command “Go!” and starts the timer, the applicant is to rise, sprint seventy-five (75) feet crossing the line on the other end, pick up a five (5) pound weight by bending at the knees then returning and crossing the line from where he/she began the test Station (1b) and placing the five (5) pound weight on an “X” on the floor while bending at the knees.

Station (2a)

Without stopping the applicant will proceed to Station (2a) where they will be required to go over three (3) separate hurdles by stepping, hopping, or jumping over ending at Station (2b). **(Applicant’s choice as to stepping, hopping, or jumping over the hurdles.)**

Station (3a)

Without stopping the applicant will proceed to Station (3) where they will go through a serpentine course. The applicant will begin the test by starting to the left of the first cone and ending at Station (3b).

Station (4a)

Without stopping the applicant will proceed to Station (4a) where they will be required to pull a one-hundred (100) pound bag for a distance of forty-five (45) feet ending between two (2) cones at Station (4b). The applicant will then turn the bag around by making a small circle having the handles on the bag pointing in the direction they just pulled from. The applicant will pull the bag by using both hands.

Station (5)

Without stopping the applicant will proceed to Station (5) where they will pick up a five (5) pound weight in their right hand by bending at the knees. The applicant will carry this weight to Station (6) and place the weight on the “X” at this Station.

Station (6)

Without stopping the applicant will take the weight they brought from Station (5) and place the weight in place of the weight sitting at Station (6). This weight will be picked up with the left hand while bending at the knees. The applicant will take this weight to Station (5) and place the weight on the “X” at this Station.

Station (4b)

Without stopping the applicant will proceed to Station (4b) where they will be required to pull a one-hundred (100) pound bag for a distance of forty-five (45) feet ending between two (2) cones at Station (4a). The applicant will then turn the bag around by making a small circle having the handles on the bag pointing in the direction they just pulled from. The applicant will pull the bag by using both of their hands.

Station (3b)

Without stopping the applicant will proceed to Station (3) where they will go through a serpentine course. The applicant will begin the test by starting to the left of the first cone and ending at Station (3a).

Station (2b)

Without stopping the applicant will proceed to Station (2b) where they will be required to go over three separate hurdles by stepping, hopping, or jumping over ending at Station (2a). **(Applicant’s choice as to stepping, hopping, or jumping over the hurdles)**

Station (1b)

Without stopping the applicant will proceed to Station (1b), pick up a five (5) pound weight by bending at the knees then sprint seventy-five (75) feet crossing the line on the other end, and placing the five (5) pound weight on an “X” on the floor while bending at the knees then sprint seventy-five (75) feet crossing the line on the other Station (1a) the beginning point where the timer will be stopped.

IV. The physical agility test will be scored on the Rating Form (**Attachment #2**). Penalties will be assessed in five (5) second increments to your overall time for the following violations:

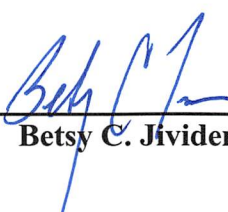
- Not crossing the line at Station (1a) and (1b)

- Knocking the stick off the hurdles – each stick is a separate penalty
 - During the serpentine – starting on wrong side of cone
 - During the serpentine – skipping a cone
 - Not turning the one hundred (100) pound weight around
 - Not using two (2) hands when pulling one hundred (100) pound weight
 - Not going between cones when pulling one hundred (100) pound weight
 - Not using the correct hand at Stations (5) and (6)
- V. Correctional Officers will follow the annual physical performance requirements as delineated by the Commissioner.

ATTACHMENT(S):

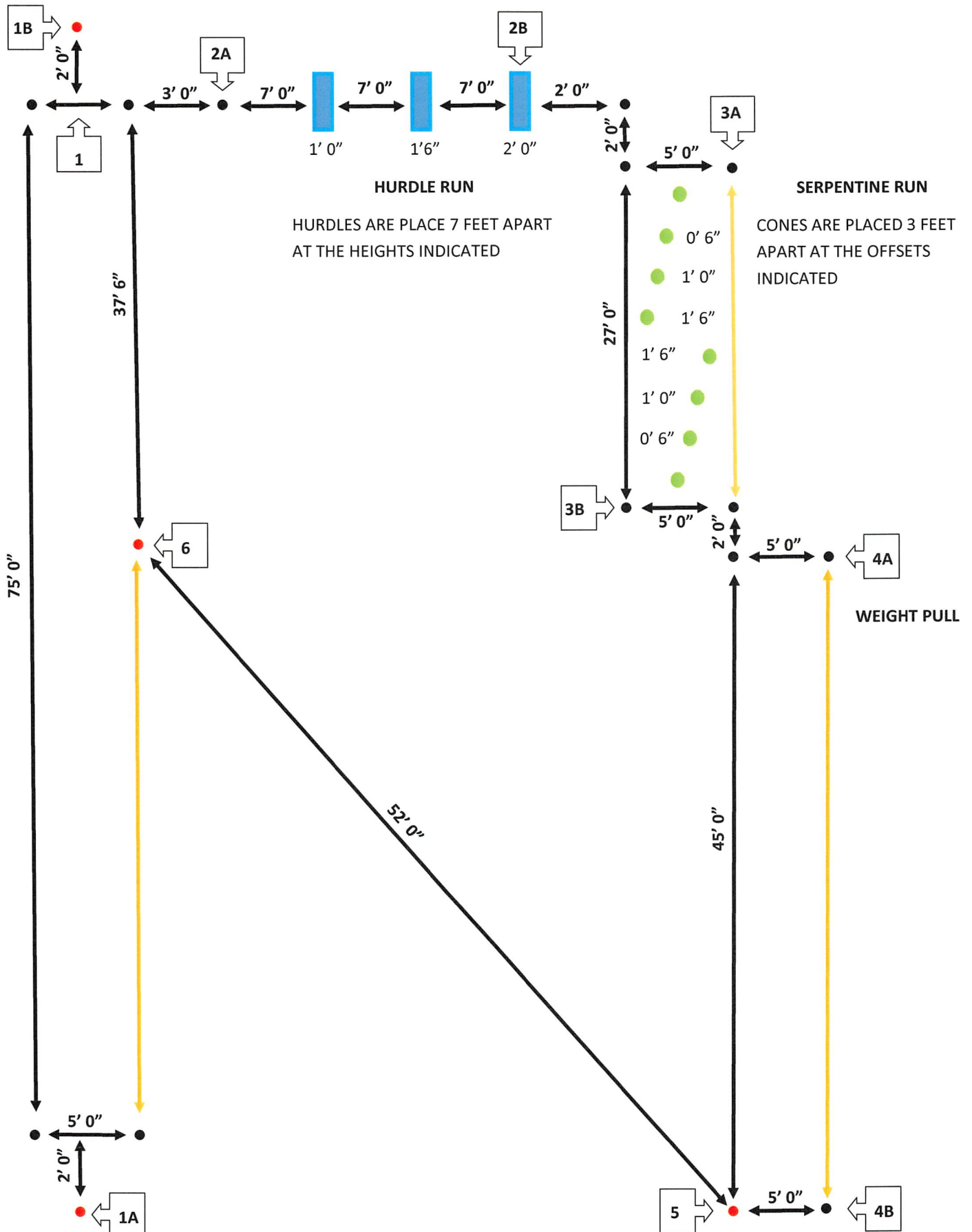
- #1 Physical Agility Test Diagram
- #2 Physical Agility Test Rating Form

APPROVED SIGNATURE: _____


Betsy C. Jividen, Commissioner

5-13-21
Date

PHYSICAL AGILITY TEST DIAGRAM



Correctional Officer

Physical Agility Test Rating Form

Instructions: Fill in the applicant's name, test evaluator's name, the facility at which the test was given, and the date of the test.

Name of Applicant

Name of Evaluator

Facility

Date of Test

The Physical Agility Test is a three (3) minute timed event. By my signature below, I certify that the applicant has passed or failed [*circle one*] the Physical Agility Test.

1st Trial - Pass/Fail Time _____

2nd Trial Pass/Fail Time _____

3rd Trial Pass/Fail Time _____

In the event of three fails, the applicant must wait two weeks before trying again.

Evaluator's Signature