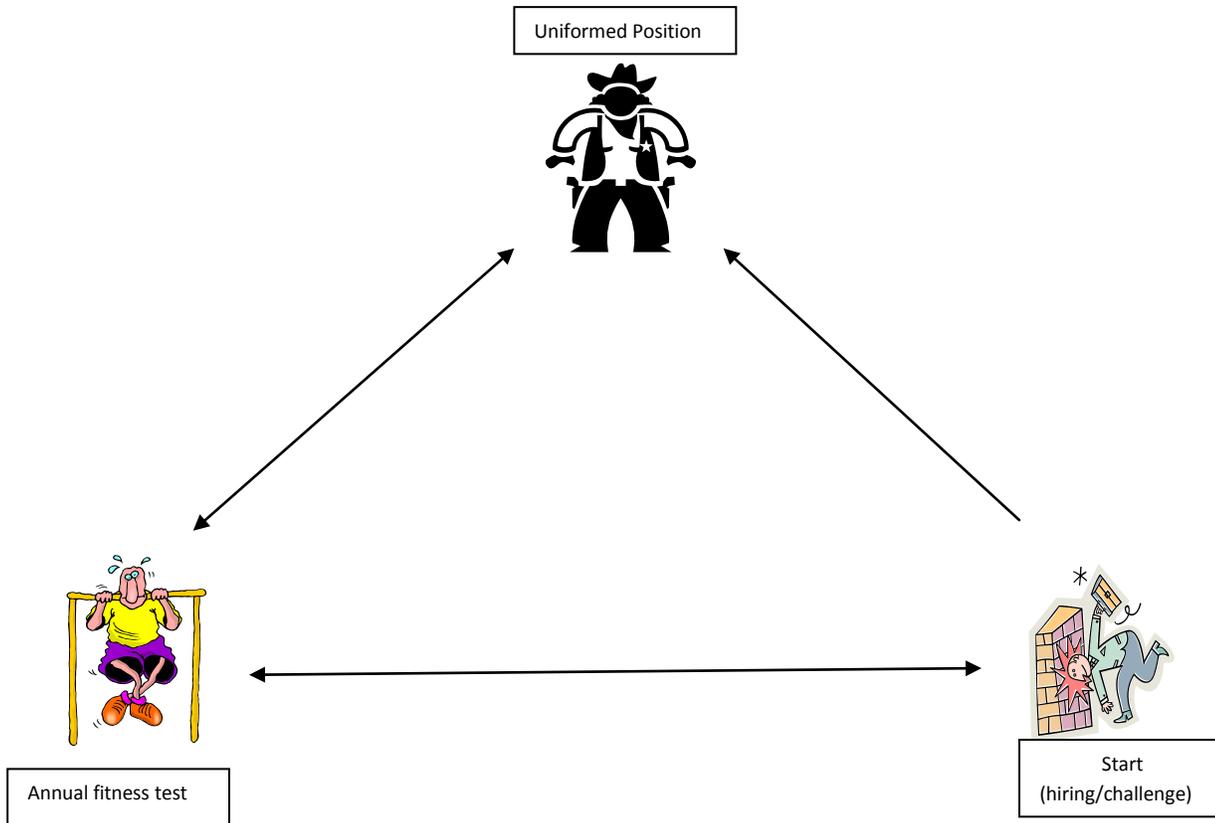


LAWFIT Physical Evaluation Standards



Lawfit provides a standardized obstacle course and fitness testing process that can be implemented in a law enforcement agency for the purpose of maintaining a fitness for duty standard. Lawfit is a two part process that focuses on fitness standards upon initial employment and maintenance of a fitness standard for continued employment.

For initial employment the following tasks are evaluated on a timed course (high impact):

- 25 yard run from a seated position (suspect description given before the scenario starts)
 - Frequently, officers have to spring into action from a relaxed and seated position and are required to quickly intervene.
 - Corrections Officer from the pod desk to react to an incident
 - Patrol Deputy from a vehicle to apprehend a suspect
- 3 ft “gap” jump
 - On occasion, officers may have to be able to jump a small expanse while responding to an incident

- Corrections officer jumping over a spill on the floor or from one elevation of flooring to another while responding to an incident
 - Patrol Deputy jumping a drainage ditch or jumping from/to an elevated entry way to respond to an incident
- 25 yard run to scale/jump a 5 foot wall
 - Infrequently, officers will be required to run and scale and obstacle while responding to an incident
 - Corrections officer climbing/jumping a staircase/tv pit railing to respond to an incident
 - Patrol Deputy climbing/jumping a fence during a foot pursuit or to gain access to an incident
- 10 yard run to a 10 foot long “low crawl” obstacle
 - Infrequently, officers will be required to take a tactical “low crawl” approach to avoid an attack or gain entry into an area
 - Corrections officer low crawling into an area for inspection purposes or to gain access to an area that has been barricaded by inmates
 - Patrol Deputy taking a tactical stance for firing a weapon and/or to approach an incident and avoid detection
- 25 yard run to an 8 foot stair climb
 - On occasion, officers may be required to run up/down a flight of stairs to provide a quick response to a situation
 - Corrections Officer responding to an emergency incident on the second tier of a housing unit
 - Patrol Deputy responding to an incident in a two story home, school, business
- 15 yard run to a window “climb through”
 - Infrequently, officers may have to be able to climb through a window size opening to gain entry/escape from an area
 - Corrections Officer making entry to a barricaded cell
 - Patrol Deputy making entry into a home for emergency purposes
- 10 yard run to a “suspect identification”
 - Frequently, officers will have to make a split second decision to identify a situation or individual party and take appropriate action
 - Corrections Officer responding to an incident in a housing unit and being able to visually locate the specific problem or individual that needs attention
 - Patrol Deputy identifying a suspect who is described as a suspect in a crime, potentially at the end of a foot pursuit
- 15 yard run to a 5 yard drag of a 150lb dummy
 - On occasion, officers may have to be able to render aid to relocate a person to a safe location or force compliance/movement of an individual who is resisting verbal direction
 - Correction Officer moving a person who has suffered a medical problem to an area they can receive care or dragging an unruly inmate from an area

- Patrol Deputy moving a person from a dangerous car wreck or placing a person in a patrol vehicle who is resisting arrest
- 20 yard run to a fine motor skills assessment
 - Frequently, officers are required to respond to a situation and manipulate a weapon or administer first aid
 - Corrections Officer entering a housing unit and deploying OC spray to break up a fight
 - Patrol Deputy utilizing a firearm, taser or OC spray to affect an arrest