

MARION COUNTY



SHERIFF'S OFFICE

**DEPUTY - APPLICANT PRE-EMPLOYMENT**

**PHYSICAL AGILITY TEST (P.A.T) & FIREARMS QUALIFICATION**

**Scheduled DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_

**PHYSICIAN'S RECOMMENDATION FORM**

Name of Applicant Participant: \_\_\_\_\_

Dear Physician:

The purpose of this communication is to inform you of the Marion County Sheriff's Office physical agility testing requirements. We are aware that strenuous physical activity may be inadvisable for some individuals. Therefore, we are requesting that you indicate whether the above-named participant has any medical condition or disorder that would preclude participation. It must be emphasized that we are not asking you to assume responsibility for the participant while participating in this test nor disclose protected personal medical information. Rather, we merely want to have as much information as possible when making decisions concerning the safe applicability of the testing.

The testing program will consist of a series of job related physical abilities conducted by well qualified personnel of the Marion County Sheriff's Office. The battery of job-related field tasks is intended to be completed in the fastest possible time and will require maximum physical effort by the participant. Tests are designed to measure muscular endurance and strength, anaerobic power and capacity, and aerobic power. Tasks will include a 1 mile run, a 300 yard sprint, a minimum of 25 pushups in one (1) minute and a minimum of 25 sit-ups in one (1) minute.

Ultimately, the primary goal of this physical abilities testing is to determine whether the participant is capable of safely performing essential functions and minimum standards

**BILLY WOODS, SHERIFF**



appropriate to law enforcement personnel (law enforcement officers or corrections officers).

\_\_\_\_\_ Participation is not advisable at the present time. (If you advise against participation please do not disclose the applicant's medical condition on this form).

\_\_\_\_\_ Within a reasonable degree of probability, no medical condition or disorder exists which precludes this applicant from participation in the physical abilities testing as described.

Signature of Physician \_\_\_\_\_ Date \_\_\_\_\_

Printed Name \_\_\_\_\_ License # \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_

MEDICAL EXPENSES RESPONSIBILITY: Any medical expense(s) associated with this medical clearance is the sole, personal responsibility of the applicant participant named herein and not the responsibility of the Marion County Sheriff's Office.

BILLY WOODS, SHERIFF



## **DEPUTY** - PHYSICAL AGILITY TEST INSTRUCTIONS

### LOCATION:

The Marion County Sheriff's Office Training Division (3300 NW 10<sup>th</sup> Street Ocala, FL. 34475). After passing the guard shack turn right, into the parking area of the Interim building (the first building to your right. The Training Division Office located on the North East corner).

### EQUIPMENT NEEDED:

Weather appropriate athletic clothing (shorts, sweat pants, T-shirt, running shoes).

### TEST DESCRIPTION:

- The applicant will be given 15 minutes to stretch/warm-up prior to testing.
- The applicant will be instructed on the proper technique of a sit-up and push-up prior to the test commencing.
- The applicant will be required to run 1 mile in ten (10) minutes or less.
- The applicant will be required to run 300 yards in sixty nine (69) seconds or less.
- The applicant will be required to complete a minimum standard of twenty five (25) push-ups in one minute.
- The applicant will be required to complete a minimum standard of twenty five (25) sit-ups in one minute.

The applicant must pass all stages of the P.A.T. to be advanced to the Firearms Qualification Course and to remain a candidate for employment.



## FIREARMS QUALIFICATION INSTRUCTIONS

### **LOCATION:**

The firearms range is located at the Lowell Correction facilities next to the **Lowell Reception Center**

**DIRECTIONS:** (Administration Address: 11120 NW Gainesville Rd. Ocala, FL 34482).

To locate the firearm range, starting at the intersection of Fl. West Hwy 326 (NW 77<sup>th</sup> Street), travel North 3.2 miles on County Road 25A (NW Gainesville Rd) until arriving at traffic signal. Make a right turn (East bound) on to NW 111<sup>th</sup> Place, the firearms range will be on the left (North side of the road).

### **EQUIPMENT:**

- The applicant must wear weather appropriate athletic clothing (BDU style pants, boots and shirt).
- \*MCSO will provide firearm(s) including a duty belt and safety accessories.

(Options)

- (Sig P220 .45 cal)
- (Sig P226 9mm)
- (Smith & Wesson .357cal)
- Eye protection
- Ear protection

\*Applicants are not to bring their own firearms

**COURSE OF FIRE (DESCRIPTION):**

Applicants will be shooting a (50) round course of fire, beginning at the (2) yard line and extending out to the 25 yard line.

- Prior to shooting the course of fire each applicant will be given range safety instructions.
- Applicants will also be given instructions and time to become familiarized with the provided firearms.

**If an applicant has any questions regarding to the instructions before qualifying, contact the Training Office at 352-368-3518**