



Carroll County Sheriff's Office
Waiver of Liability
Pre-Employment Physical Agility Test

All applicants for Law Enforcement & Correctional Deputy Sheriff Recruit positions within the Carroll County Sheriff's Office must pass the following fitness standards to continue in the hiring process.

Physical Agility Test Course

The course consists of a series of ten (10) interspersed individual tasks, arranged in a continuous format that are viewed as being essential (physical) job related tasks for Law Enforcement / Correctional training:

- Running - 300 meters
Horizontal Jump - a distance of four (4) feet
Climbing over an object - over an object four (4) feet
Jumping Down - Four (4) feet
Climbing Steps - Ascend/Descend two (2) flights of stairs
Serpentine - Changing direction in run
Low Crawling - 24-inch-high obstacle
Vertical Jump - Low Hurdle - fifteen (15) inches
Moving/Dragging Weight (160-pound dummy) - Move thirty (30) feet
Handgun Trigger Pull & Slide Manipulation

The obstacle course must be completed in 3 minutes and 10 seconds for Deputy Sheriff Recruit applicants. There is no time limit for Correctional Deputy applicants; however, those applicants must successfully complete the course.

TO BE COMPLETED BY APPLICANT:

APPLICANT'S NAME (PRINT CLEARLY):

SOCIAL SECURITY NUMBER: DATE OF BIRTH:

TO BE COMPLETED BY PHYSICIAN:

I certify that I have reviewed the above requirements and it is my opinion that the above-named applicant can perform the elements of this test without undue risk to himself/herself.

PHYSICIAN'S NAME:

PHYSICIAN'S ADDRESS:

PHYSICIAN'S TELEPHONE:

PLACE IMPRINT OF DOCTOR'S OFFICE STAMP HERE



Physician's Office MUST indicate if no stamp is available, and physician MUST also sign in this box to indicate same.

Empty rectangular box for stamp and signature.

PHYSICIAN'S ORIGINAL SIGNATURE: DATE:

This waiver of liability is valid until the following date: December 31, 2023

~~~~PHYSICIANS ONLY may contact CCSO at 410-386-2610 with any questions regarding this test. ~~~~