

ELMORE COUNTY SHERIFF'S OFFICE



SPECIAL WEAPONS AND TACTICS SCHOOL ENTRY TEST

PRIOR TO ADMITTANCE, STUDENTS WILL BE REQUIRED TO PASS A PHYSICAL FITNESS TEST AND SHOOTING TEST. STUDENTS WILL BE ALLOWED TO WEAR PT GEAR DURING THE TEST.

- A. THE PHYSICAL FITNESS TEST WILL CONSIST OF PUSH UPS, SIT UPS, BENCH PRESS AND A ONE (1) MILE RUN.

STUDENTS SHOULD LOOK AT THEIR AGE AND GENDER TO DETERMINE HOW MANY POINTS THEY WILL RECEIVE FOR THE NUMBER OF REPETITIONS COMPLETED.

FOR EXAMPLE: A 25 YEAR OLD MALE WHO COMPLETES 46 PUSH UPS IN ONE (1) MINUTE WILL RECEIVE A SCORE OF FOUR (4) POINTS. A 35 YEAR OLD FEMALE WHO COMPLETES 37 SIT UPS ON ONE (1) MINUTE WILL RECEIVE A SCORE OF FIVE (5) POINTS AND SO ON.

STUDENTS MUST SCORE FIFTEEN (15) POINTS TO PASS THE PHYSICAL FITNESS TEST. THE PHYSICAL FITNESS TEST HAS A MAXIMUM SCORE OF TWENTY (20) POINTS.

PLEASE TAKE NOTE OF THE FOLLOWING FOUR (4) EVENTS IN ORDER TO OBTAIN REQUIREMENTS AND SCORE BREAKDOWN:

1. PUSH UPS: (STUDENT'S CHEST MUST TOUCH SPOTTERS CLOSED FIST AND THEIR ARMS MUST LOCK-OUT COMPLETELY FOR THE REPETITION TO COUNT. STUDENT MUST PERFORM AS MANY PUSH UPS AS HE/SHE CAN IN ONE (1) MINUTE.)

(Male 20-29)		(Female 20-29)		(Male 60-69)	
> 51	Score 5	> 36	Score 5	> 40	Score 5
44-51	Score 4	30-36	Score 4	33-40	Score 4
35-43	Score 3	22-29	Score 3	21-32	Score 3
24-34	Score 2	12-21	Score 2	10-20	Score 2
0-23	Score 1	0-11	Score 1	0-9	Score 1

(Male 30-39)		(Female 30-39)		(Female 60-69)	
> 49	Score 5	> 35	Score 5	> 25	Score 5
41-49	Score 4	28-35	Score 4	20-25	Score 4
32-41	Score 3	20-28	Score 3	11-19	Score 3
21-31	Score 2	10-19	Score 2	3-10	Score 2
0-20	Score 1	0-9	Score 1	0-2	Score 1

(Male 40-49)		(Female 40-49)		(Male 70-79)	
> 46	Score 5	> 30	Score 5	> 37	Score 5
39-46	Score 4	25-30	Score 4	30-37	Score 4
28-39	Score 3	16-25	Score 3	18-29	Score 3
17-27	Score 2	7-15	Score 2	7-17	Score 2
0-16	Score 1	0-6	Score 1	0-6	Score 1

(Male 50-59)		(Female 50-59)		(Female 70-79)	
> 43	Score 5	> 27	Score 5	> 20	Score 5
36-43	Score 4	22-27	Score 4	15-20	Score 4
24-35	Score 3	13-21	Score 3	9-14	Score 3
13-23	Score 2	5-12	Score 2	3-8	Score 2
0-12	Score 1	0-4	Score 1	0-2	Score 1

2. SIT UPS: (STUDENT STARTS BY LYING ON HIS/HER BACK, FINGERS INTERLACED BEHIND THE HEAD, KNEES BENT AND THE HEELS FLAT ON THE FLOOR WITH A PARTNER HOLDING THE FEET SECURE. STUDENT MUST PERFORM AS MANY SIT UPS AS HE/SHE CAN IN ONE (1) MINUTE.)

(Male/Female 20-29)

> 39	Score 5
34-39	Score 4
27-33	Score 3
21-26	Score 2
0-20	Score 1

(Male/Female 30-39)

> 36	Score 5
31-36	Score 4
24-30	Score 3
18-23	Score 2
0-17	Score 1

(Male/Female 40-49)

> 33	Score 5
28-33	Score 4
21-27	Score 3
15-20	Score 2
0-14	Score 1

(Male/Female 50-59)

> 29	Score 5
24-29	Score 4
17-23	Score 3
11-16	Score 2
0-10	Score 1

(Male/Female 60-69)

> 24	Score 5
19-24	Score 4
13-18	Score 3
7-12	Score 2
0-6	Score 1

(Male/Female 70-79)

> 19	Score 5
15-19	Score 4
10-14	Score 3
5-9	Score 2
0-4	Score 1

3. BENCH PRESS: (STUDENT STARTS BY LYING WITH HIS/HER BACK FLAT ON THE BENCH. THE STUDENT'S FEET ARE KEPT FLAT ON THE FLOOR. THE BAR IS REMOVED FROM THE RACK AND, IN A CONTROLLED MANNER, LOWERED UNTIL IT COMES TO REST ON THE CHEST. THE BAR IS THEN PUSHED BACK UP UNTIL THE ELBOWS LOCK. THIS IS CONSIDERED ONE (1) REPETITION. THE REPETITION WILL NOT BE COUNTED IF THE STUDENT'S BUTTOCKS OR FEET LEAVE THE GROUND.)

Males 2/3 bodyweight (66%)

Ex: Male weighing 200 lbs. would equal 132 lbs. Always round up to the nearest bar weight, which in this case is 135 lbs.

Females 1/3 bodyweight (33%)

Ex: Female weighing 120 lbs. would equal 79 lbs. Always round up to the nearest bar weight, which in this case is 80 lbs.

(Males/Females 20-29)

10 reps	Score 5
9 reps	Score 4
8 reps	Score 3
7 reps	Score 2
6 reps	Score 1

(Males/Females 30-39)

9 reps	Score 5
8 reps	Score 4
7 reps	Score 3
6 reps	Score 2
5 reps	Score 1

(Males/Females 40-49)

8 reps	Score 5
7 reps	Score 4
6 reps	Score 3
5 reps	Score 2
4 reps	Score 1

(Male/Females 50-59)

7 reps	Score 5
6 reps	Score 4
5 reps	Score 3
4 reps	Score 2
3 reps	Score 1

4. ONE (1) MILE RUN: (STUDENT WILL BEGIN AT THE ELMORE COUNTY FIRING RANGE GYM ROLL-UP DOOR, RUN UP THE HILL TO THE FLAG POLE IN FRONT OF THE NEW COURTHOUSE, TURN AROUND AND RUN BACK TO THE GYM ROLL-UP DOOR.)

(Male/Female 20-29)

< 7:48	Score 5
7:59-8:32	Score 4
8:33-9:13	Score 3
9:14-9:54	Score 2
> 9:54	Score 1

(Male/Female 30-39)

< 7:58	Score 5
7:49-8:41	Score 4
8:41-9:25	Score 3
9:25-10:04	Score 2
> 10:05	Score 1

(Male/Female 40-49)

< 8:18	Score 5
8:19-9:03	Score 4
9:04-9:43	Score 3
9:44-10:22	Score 2
> 10:23	Score 1

(Male/Female 50-59)

< 8:55	Score 5
8:56-9:42	Score 4
9:43-10:23	Score 3
10:24-11:01	Score 2
> 11:02	Score 1

(Male/Female 60-69)

< 9:30	Score 5
9:31-10:12	Score 4
10:13-10:53	Score 3
10:54-11:30	Score 2
> 11:31	

(Male/Female 70-79)

< 10:05	Score 5
10:06-10:47	Score 4
10:48-11:28	Score 3
11:49-12:13	Score 2
> 12:14	

B. THE SHOOTING TEST WILL CONSIST OF THE ALABAMA PEACE OFFICERS STANDARDS AND TRAINING COMMISSION'S FIFTY (50) ROUND BASIC POLICE HANDGUN FBI Q-TARGET COURSE.

STUDENTS MUST SCORE EIGHTY (80) PERCENT TO PASS THE SHOOTING TEST.

THE SHOOTING TEST IS AS FOLLOWS:

YARD LINE	POSITION	ROUNDS	TIME
25 YD	Standing Strong Hand Barricade	6 Rounds	35 Seconds
	Kneeling Strong Hand Barricade	6 Rounds	
15 YD	Move to Position, Draw & Fire	3 Rounds	8 Seconds
	Ready Gun	3 Rounds	5 Seconds
	Ready Gun	3 Rounds	5 Seconds
	Ready Gun	3 Rounds	5 Seconds
7 YD	Move to Position, Draw & Fire	2 Rounds	8 Seconds
	Draw & Fire	12 Rounds	25 Seconds
5 YD	Draw & Fire	6 Rounds	25 Seconds
	Strong Hand Unsupported	6 Rounds	
	Weak Hand Unsupported	6 Rounds	

***PLEASE PREPARE FOR THIS COURSE PHYSICALLY AND MENTALLY AHEAD OF TIME. BE PREPARED FOR LONG HOURS AND PHYSICAL EXERTION. STUDENTS SHOULD BE PREPARED TO WALK FOR LONG PERIODS OF TIME WITH THEIR TACTICAL GEAR ON. THIS IS NOT A GENTLEMAN'S COURSE!!