



Kootenai County Sheriff's Office Patrol/Detention Deputy Physical Requirements

(Based on Idaho POST Requirements)

PFT Battery	Critical Physical Job Task
Vertical Jump 14" minimum	The purpose of the Vertical Jump is to measure explosive leg power, which is critical for jumping obstacles, vaulting ditches, self-defense, and suspect apprehension.
1-Minute Sit-ups 15 consecutive reps in 1 minute	This test measures the abdominal muscular endurance, which is critical for core stability, posture, dodging, self-defense, suspect apprehension, and minimizing lower back problems.
Push-Ups 21 consecutive reps. No time limit.	The purpose is to measure muscular endurance of the upper body (anterior deltoid, pectoralis major, and triceps), which are critical for pushing, self-defense, suspect apprehension, and roadway hazard clearance.
300 Meter Run Must be completed within 77 seconds.	This test measures anaerobic capacity, which is critical for short intense bursts of power, including foot pursuits, rescues, self-defense, suspect apprehension, and roadway hazard clearance.
1.5 Mile Run/Walk Must be completed within 17:17 (17 minutes and 17 seconds)	The purpose of this test is to measure cardio respiratory endurance or aerobic power, which is critical for sustained foot pursuits, prolonged use of force, rescue operations, recovery operations, active shooter response, and minimizing the risk of cardiovascular health problems