

Physical Fitness Assessment - The duties of Deputy Sheriff's and Corrections Officers require a high level of physical fitness and readiness to meet the demands of the job. The Comal County Sheriff's Office (CCSO) has adopted one of the methods used by the Texas Department of Public Safety (DPS) to assess officer and candidate fitness and readiness.

To perform this assessment, the CCSO uses Concept 2 Rowers for candidates to complete a 2000-meter row. This activity measures the candidate's VO2max, which is used to determine the ability of the candidate to meet this fitness requirement. **During the assessment, the candidate will be required to row 2000 meters at maximum effort, at the 25th percentile.** The required performance standard is determined based on the candidate's gender, weight, and age. The DPS has validated the percentile at which we assess both officers and candidates.

Note: The row machine tension will be set at five (5).

For more information on the assessment, visit the Concept 2 website to see a demo [video](#). The video provides great information including an overview of the exercise as well as technique.

The calculator below will be used to assess candidate row time.

[**ACCESS CALCULATOR**](#)

A. Click on the **Time and Percentage Calculator**;

B. Use the drop down boxes on the chart in the following areas to enter your information:
(Highlighted in grey)

- a. **Select Gender**
- b. **Enter Weight in lbs. (pounds)**
- c. **Select Age**

The calculator will give you the time you have to complete the 2000-meter row at the **25th percentile**.