

Physical Fitness Assessment - The duties of Deputy Sheriff and Corrections Officers require a high level of physical fitness and readiness to meet the demands of the job. 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, we use Concept 2 Rowers for candidates to complete a 4-minute 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 for 4 minutes. Deputies will be required to meet a minimum of 65%. Corrections Officers will be required to meet a minimum of 50%.** 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.