

BERKS COUNTY JAIL SYSTEM CORRECTIONAL OFFICER STRENGTH & AGILITY SCREENING PROGRAM

All Correctional Officer applicants will be required to participate in a physical assessment screening program. Applicants will be notified of the testing date, time and location.

A portion of the physical assessment screening is conducted outside regardless of weather conditions. We encourage you to wear/bring suitable clothing, including an extra pair of shoes.

Listed below is a brief description of each station and the appropriate requirement for completing each station:

- **Unconscious Victim Drag:** You will be required to drag a mannequin continuously for a distance of 90 feet.
- **Response to Assist Call:** You will be required to run a short distance, key yourself through two gated doors, maneuver around furnishings, and then key yourself through a third gated door.
- **Perimeter Response:** You will be required to run 1/4 mile, approach a non-combative individual, and give verbal directions. You must then apply handcuffs to the wrists of the individual.
- **Shuttle Run:** You will be required to run a total of six (6) 50-yard legs, while identifying and returning assigned colored items.
- **Stair Climb:** You will be required to wear a 20 lb vest while you run up and down a flight of stairs 2 1/2 times. You are not permitted to skip any steps or landings, and one foot must touch each step and landing on every pass. You are permitted to hold the handrail for balance.
- **Unconscious Victim Support:** You will be required to elevate a hanging 125 lb. mannequin continuously for 1 minute.