



Ohio Department of Natural Resources
Division of Watercraft

Swim Test & Fitness Standards for New Officers

New hires for ODNR Division of Watercraft Officer positions must complete the Division of Watercraft Swim Test and the Ohio Department of Natural Resources Physical Fitness Standards Sequence. You would be notified of testing date/time/location if your application is accepted.

Swim Test

The minimum qualifications for the Watercraft **Officer** position includes the ability to continuously swim a distance of **300 yards in twelve (12) minutes or less, continuously tread water for a minimum of five (5) minutes, and the ability to perform a head-first surface dive to retrieve an object in at least five feet of water.** You will be asked to demonstrate these skills at a scheduled swim test.

300 Yard Swim

For this portion of the testing, the participant will begin in the shallow end of the indoor swimming pool. The pool will have been measured and the number of laps and/or portion of laps required to equal 300 yards will be communicated to the participant at pool side. At the audible start signal the participant will swim the distance equal to 300 yards in twelve (12) minutes or less. One stopwatch will be operated per swimmer and although the actual time will be documented, only a pass/fail will be reported to the Interview Panel. The ability to demonstrate this skill in less time than the minimum will not be a factor in the selection process.

The participant may employ any desired swimming stroke or combination of swimming strokes for the completion of this assessment. The participant may use the end walls of the pool for the completion of turns, but may **NOT** use the edges of the pool for the attainment of rest periods during the event. Additionally, the participant may **NOT** make contact with the bottom of the pool as a means of obtaining rest periods during the event. The participant should make every effort to avoid any contact with the edge of the pool and the pool bottom during the actual testing portion of this event.

Violation of the above prohibitions or the inability to complete the 300-yard distance in 12 minutes or less will result in a failure being recorded and may remove your name from further consideration for the position.

Tread Water

For this portion of the testing, the participant will begin in the deep end of the indoor swimming pool. The participant may have physical contact with the pool edge at the start of this event. At the audible start signal the participant will disassociate themselves from the pool edge and will tread water, in the deep end of the pool, for a minimum of five (5) minutes. Treading water is defined as follows: to keep the head above water while in an upright position by pumping the legs and/or arms. Treading water is not defined as floating.

The participant may **NOT** use the edges of the pool for the attainment of rest periods during the event. Additionally, the participant may **NOT** make contact with the bottom of the pool as a means of obtaining rest periods during the event. The participant should make every effort to remain in the deep portion of

the pool and to avoid any contact with the sides of the pool during the actual testing portion of this event. A stopwatch will measure the five (5) minute time then a pass/fail will be reported to the Interview Panel.

Violation of the above prohibitions or the inability to tread water for a minimum of five (5) minutes will result in a failure being recorded and may remove your name from further consideration for the position.

Surface Dive

For this portion of the testing, the participant will begin in the deep end of the indoor swimming pool. The participant may have physical contact with the pool edge at the start of this event. At the audible start signal the participant will disassociate themselves from the pool edge and will perform a head-first, surface dive in the deep end of the pool. A head-first, surface dive is defined as follows: while treading water and with your head above water, you invert your body so that your arms and head “dive” underneath the water and your body follows in a vertical position.

Violation of the above prohibitions or the inability to perform a head-first surface dive will result in a failure being recorded and may remove your name from further consideration for the position.

Physical Fitness Sequence

At a scheduled testing time, participants will be asked to perform the following physical fitness sequence. The instructor will follow a script for the activities. He/she will explain the proper protocol, demonstrate the procedure, time the activity, and record your score. Requirements to pass are based on age and gender and can be found on the last page of this document.

Participants will be given the opportunity to warm-up for a minimum of three minutes immediately prior to the testing sequence.

One Minute Sit-Ups

Procedure:

1. Lie flat on your back with your knees bent. Your feet may be together or apart but your heels must remain in contact with the floor (ground or mat). A partner may firmly hold your feet by placing their hands and applying their weight on the top of your feet.
2. Your fingers must be interlocked and placed behind your head.
3. When the timer says “Go”, lift your upper body by bending at the waist. Touch both of your elbows to your knees. This is the “Up” position. Return back to the start position until both your shoulder blades touch the floor (mat or ground).
4. This cycle is counted as one repetition. Perform as many repetitions as possible.
5. You may rest in the “up” position only.
6. Your score is the number of fully completed repetitions in one minute or until you stop or cannot continue for the full minute. Only a trained instructor will count and determine if each repetition was performed according to the instructions.

During this event:

- Keep your buttocks on the floor (ground or mat).
- Do not thrust your hips.
- Keep your fingers interlocked behind your head.

- Do not pull on your head or neck; keep your neck in a neutral or straight position.
- Touch both of your elbows to your knees.
- Touch both your shoulder blades to the floor (ground or mat).
- Do not hold your breath; breathe as normally as possible.

Participants will rest for a minimum of two minutes prior to push-ups.

One Minute Push-Ups

Procedure:

1. Laying on your stomach or while on your knees place your hands flat on the floor (ground or mat). Place your hands slightly wider than shoulder width apart with your fingers pointing forward.
2. Your feet may be together or up to 12 inches apart.
3. Start in the “Up” position with your elbows fully extended. When the timer says “Go,” lower your body toward the floor until your upper arms are parallel with your back and you are touching the instructor’s target (fist, sponge or aerobic block). Return to the “Up” position with your elbows fully extended.
4. This cycle is counted as one repetition. Perform as many repetitions as possible.
5. You may rest in the “Up” position only.
6. Your score is the number of fully completed repetitions in one minute or when you stop or cannot continue for the full minute. Only a trained instructor will count and determine if each repetition was performed according to protocol.

During this event:

- Your back must be straight and your body should form a relatively straight line from your shoulders to your ankles at all times.
- You may not rest on the floor (ground or mat) or on the target and doing so will end the event.
- In the “Up” position your elbows must be fully extended.

Participants will rest for a minimum of ten minutes then warm-up and stretch for a minimum of two minutes before running.

1.5 Mile Run

Procedure:

1. The starting and finish lines and/or number of laps required will be indicated. You will start behind the designated starting line.
2. When the timer says “Go,” the clock will start. You will run at your own pace. Your goal is to complete the 1.5 miles as fast as you can.
3. The instructor may call out the number of laps completed and/or your lap times. Your finish time for 1.5 miles will be called out and recorded as your score. Only a trained instructor will time your run. An assistant instructor may count your laps.

During this event:

- You may run alongside another runner.
- You may not physically assist or be assisted by another runner
- You may walk but it will be difficult to meet the standard.

Participants will cool down immediately after the run by walking slowly for a minimum of 5 minutes.

Physical Fitness Requirements for New Officers

Minimum Scores Based On Gender/Age Norms

< 30 years old	Males	Females
Sit-ups (1minute)	40	35
Push-ups (1minute)	33	18
1.5 Mile Run	11:58	14:15
30-39 years old	Males	Females
Sit-ups (1minute)	36	27
Push-ups (1minute)	27	14
1.5 Mile Run	12:25	15:14
40-49 years old	Males	Females
Sit-ups (1minute)	31	22
Push-ups (1minute)	21	11
1.5 Mile Run	13:05	16:13
50-59 years old	Males	Females
Sit-ups (1minute)	26	17
Push-ups (1minute)	15	13 (Modified)
1.5 Mile Run	14:33	18:05
60 + years old	Males	Females
Sit-ups (1minute)	20	8
Push-ups (1minute)	15	8 (Modified)
1.5 Mile Run	16:19	20:08

*Based on the Cooper Institute Physical Fitness Specialist Course and Certification, 2002, pp108-124.