

**PHYSICIANS GUIDELINES  
FOR USE IN THE SELECTION OF  
JUVENILE CORRECTIONS OFFICERS**

Prepared by the  
**CORRECTIONS STANDARDS AUTHORITY**  
**STATE OF CALIFORNIA**  
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## **PHYSICIAN GUIDELINES**

These guidelines are designed to assist you in assessing the physical fitness of prospective Juvenile Corrections Officers as it relates to their potential for successful job performance. The guidelines describe the following:

- 1) A description of physically-demanding job tasks typically required of Juvenile Corrections Officers who work in local detention facilities for delinquent youth.
- 2) A description of the pre-placement physical conditioning program found in the entry-level training for Juvenile Corrections Officers.

The purpose of the medical screening is to allow for case-by-case identification of candidates who have pre-existing physical/medical conditions that may contraindicate their participation in particular aspects of the training program or the job itself. This, in turn, enables the employing agency to make reasonable accommodation to the needs of such candidates (or exclude the candidate when reasonable accommodation is infeasible) and, hence, to keep all risk of physical harm and associated liability to a minimum.

No specific diagnostic procedures are recommended for this medical screening examination. Rather, as the examining physician, your professional judgment is called upon to identify and use appropriate diagnostic procedures to evaluate the candidate's fitness to engage in each of the listed activities. Sections of the guidelines taken from the American College of Sports Medicine are offered in these Guidelines as suggestions only.

Note that diagnosis of conditions contraindicating participation in particular activities will **NOT**, in itself, disqualify the candidate. The employing agency must, if feasible, make reasonable accommodation to enable the candidate's participation.

## **OVERVIEW OF THE JUVENILE CORRECTIONS OFFICER JOB**

The Juvenile Corrections Officer has primary responsibility for the custody, supervision, treatment, and rehabilitation of persons accused of or adjudged responsible for criminal or delinquent conduct.

Supervising juveniles detained in county operated juvenile halls, camps and ranches include monitoring, directing and controlling the activity of juveniles during daily care, recreation, work details, and activities inside and outside the facility. Duties also include maintaining appropriate close supervision and security over juveniles to prevent self-injuries, accidents, fights, escapes, and other negative incidents.

## **THE PHYSICAL TASKS TRAINING PROGRAM**

New Juvenile Corrections Officers participate in a 160-hour training program that includes 17.5 hours of physical conditioning exercises plus 30 hours of physically demanding training in defensive tactics techniques over a four-week training period. As part of this training curriculum, new Juvenile Corrections Officers are also tested on four work simulation tests that measure the trainee's ability to perform physically demanding tasks that may be required of Juvenile Corrections Officers.

## **TASKS REQUIRING PHYSICAL ABILITIES**

1. Pursue juveniles on foot (running).
2. Walk or stand for long periods of time.
3. Sit for long periods of time.
4. Run to the scene of a disturbance or emergency.
5. Physically subdue or restrain a violent juvenile by yourself.
6. Physically subdue or restrain a violent juvenile with the help of another person.
7. Physically subdue or restrain a resisting juvenile by yourself.
8. Physically subdue or restrain a resisting juvenile with the help of another person.
9. Physically separate two fighting juveniles by yourself.
10. Physically separate two fighting juveniles with the help of another person.
11. Defend self against a juvenile armed with a weapon (e.g., knife).
12. Disarm and subdue a juvenile armed with a weapon.
13. Search areas for contraband that are not easy to access (e.g., under beds, in, behind, and around large equipment, vehicles).
14. Carry heavy objects (e.g., injured or unconscious juvenile or piece of equipment).
15. Lift heavy objects (e.g., injured or unconscious juvenile or piece of equipment).
16. Drag heavy objects (e.g., injured or unconscious juvenile or piece of equipment).
17. Push hard-to-move objects by hand (e.g., furniture, piece of equipment).
18. Pull self up over obstacles (e.g., chairs, tables).
19. Jump over obstacles.
20. Climb one or more flights of stairs.
21. Run up one or more flights of stairs.
22. Run down one or more flights of stairs.
23. Use body force to gain entrance through barriers (e.g., locked doors).
24. Climb up to elevated surfaces (e.g., roof).
25. Jump down from elevated surfaces.
26. Defend oneself or others using less lethal force (e.g., OC spray, baton, hand holds, etc.)
27. Defend oneself or others using lethal force.
28. Handcuff a non-resisting juvenile.
29. Handcuff a resisting juvenile.
30. Secure resisting juvenile in restraint devices such as leg irons, leather restraints, restraint chair).
31. Apply restrain devices such as leg irons, travel restraints, leather restraints to a non-resisting juvenile.
32. Place and secure juvenile in safety room.
33. Perform room extractions.
34. Climb up and down stationary ladder.

## ELEMENTS OF PHYSICAL DEMANDS IN TRAINING AND ON THE JOB

Performance-based conditioning, like health related conditioning, may lead to the following:

- elevated heart rate,
- elevated blood pressure,
- sweating,
- and fluid loss.

During conditioning, even more severe symptoms could persist such as:

- light-headedness,
- dizziness,
- heart attack,
- stroke,
- or death.

The repetitive nature of many of the exercises in the performance-based program will require a near-maximal cardiovascular response from many of the Juvenile Corrections Officers. This includes, but is not limited to, near-maximal heart rates and blood pressure. Vigorous exercise of this nature has been associated with an increased rate of incidence of cardiac events and sudden death. However, the probability of these events is rare during exercise, approximately 0.006% according to the American College of Sports Medicine.

Medical screening is the first line of preventing a cardiac event or sudden death during exercise. The medical screening will help provide guidelines for a safe exercise environment for the officers.

Due to the performance-based conditioning associated with the Juvenile Corrections Officer job duties, the officers may incur greater risk for injury. The exercises utilized during conditioning are illustrated on the following pages.

Please note: Many of the exercises in the training program are plyometric. Plyometric exercises are movements such as the following:

- jumping
- lifting
- throwing

A plyometric movement is preceded by an eccentric contraction of the muscle. Plyometric exercises require very high muscular tension because they utilize the stretch reflex to optimize the muscular conditioning. The high muscular tension provided by this type of exercise does have a higher risk of muscular strains, pulls, and joint sprains.

Further a number of the plyometric exercises utilize jumping motions. The landing from the jumps also places a large amount of force on the joints and can also pre-dispose the joint to injury. Therefore people with orthopedic limitations who may become injured by such exercise should also be identified so that the exercises can be modified to provide the officer with limited chance of injury.

As a guide the American College of Sports Medicine suggests the following components in a pre-exercise physical exam:

- Body Weight and BMI
- Apical pulse rate and rhythm
- Resting BP
- Auscultation of the lungs with specific attention to uniformity of breath sounds
- Palpation of the cardiac apical pulse, point of maximal impulse (PMI)
- Auscultation of the heart with specific attention to murmurs, gallops, clicks, and rubs
- Palpation and auscultation of carotid, abdominal, and femoral arteries and tenderness
- Palpation and inspection of lower extremities for edema and presence of arterial pulses
- Absence or presence of tendon xanthoma and skin xanthelasma
- Follow up exam of orthopedic or other conditions that would limit exercise
- Test of neurologic function
- Inspection of the skin, especially of the lower extremities in known diabetics

## WORK SIMULATION TESTS CONDUCTED DURING ENTRY-LEVEL CORE TRAINING

The following four illustrations describe physically demanding tasks that may be required of Juvenile Corrections Officers. Trainees will be tested on these four tasks after 17.5 hours of physical conditioning training during the program as well as practice performing these four tests. Please review these tests as described below and conduct an appropriate examination to detect the presence of any factors that may contraindicate or inhibit the candidate's performance of any of these tests. (Further information about the physical conditioning training can be found in the JCO Core Physical Tasks Training Manual. Your local agency will have a copy of this document.)

1. In 30 seconds, drag a 150-pound bag or dummy at least 20 feet.



2. Within 30 seconds, jog or walk briskly 150 feet while maneuvering around obstacles; lift and carry a 20-pound weighted object (such as a fire extinguisher) for 75 feet of the 150 total feet.



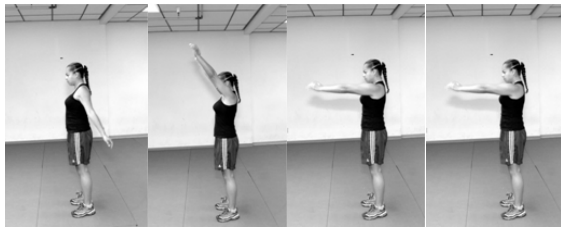
3. For 30 seconds, support the weight of a hanging 150-pound bag or dummy so that all the stress is taken off the rope or chain from which it is suspended.



4. Sprint 75-yards on a straight track in 30 seconds or less. (No picture.)

# PHYSICAL CONDITIONING EXERCISES IN THE TRAINING PROGRAM

## Arm Circles



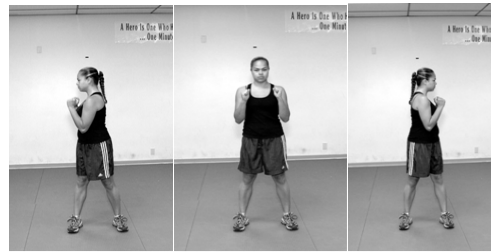
## Side Bends



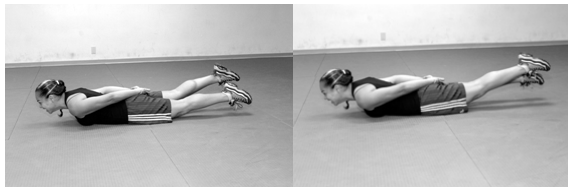
## Windmills



## Trunk Twists



## Stomach Flutter Kicks



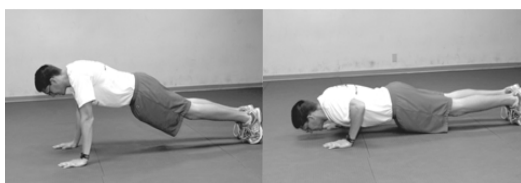
## Sit-ups



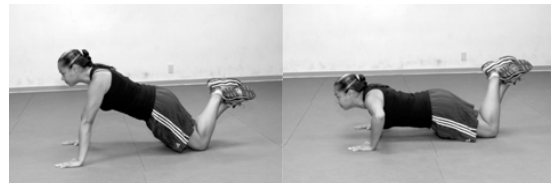
## Knee-to-Forehead



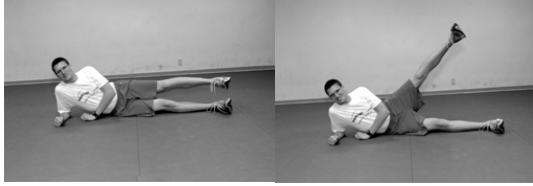
## Push-ups (military)



## Push-ups (modified)



**Side Leg Raises**



**Prone Planks**



**Right & Left Side Hover**



**Stride Stretches**



**Calf Stretch**



**Quad Stretch**



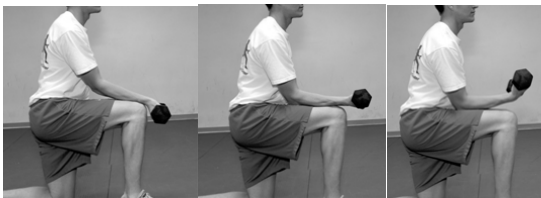
**Skipping**



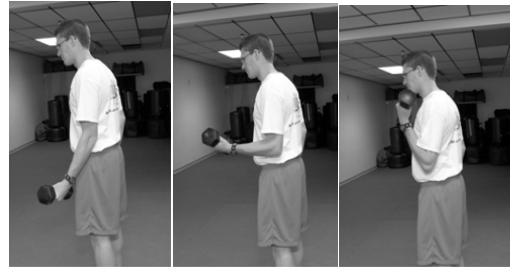
**Skipping for Height**



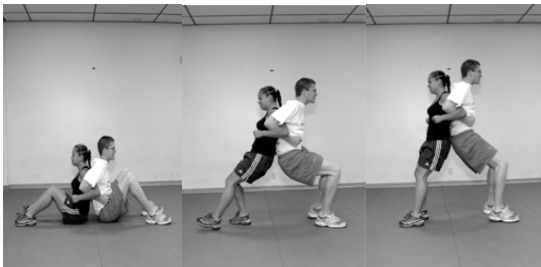
**Wrist Curls**



**Arm Curls**



**Modified Wall Sit**



**Knee Hugs**





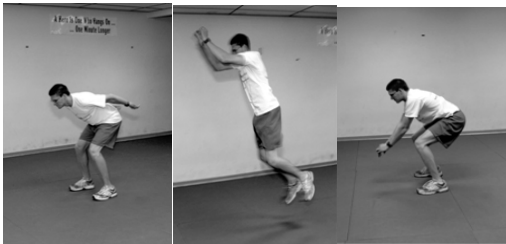
### Single Foot Side-to-Side Hop



### Two Foot Hops



### Standing Long Jumps



### Explosive Wall Push-ups



### Standing Jump Over Barrier



### Standing Jump/Reach



### Hexagon Drill



### Wheelbarrow



## Alternative Upper Body Plyometric Exercises

### Catch and Overhead Throw w/Med Ball



### Chest Pass w/Med Ball or Basketball



### Supine Single Arm Overhead Throw w/Med Ball or Basketball



### Chest Push w/Med Ball or Basketball



### Heavy Bag Thrust



### Heavy Bag Stroke (Advanced)



### Leg Press

