



Department of Public Safety
(West Virginia State Police)
South Charleston, West Virginia 25309

John D. Rockefeller III
Governor

Executive Office
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Colonel John W. O'Rourke
Superintendent

TO: CADET SELECTION BOARD
FROM: LIEUTENANT R.A. PERRY, SECRETARY - RETIREMENT BOARD
DATE: March 28, 1984
SUBJECT: REGULATIONS GOVERNING THE PHYSICAL STANDARDS TO BE MET BY APPLICANTS FOR MEMBERSHIP INTO THE DEPARTMENT OF PUBLIC SAFETY

Under the provisions of Chapter 15, Article 2, Section 7C, of the Code of West Virginia, the attached Regulations governing the Physical Standards to be met by applicants for enlistment in the West Virginia Department of Public Safety are hereby established by the Retirement Board.

These Regulations promulgated by the Retirement Board supersede all previous regulations issued by the Retirement Board.

RETIREMENT BOARD

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Attorney General

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Superintendent, Department of Public Safety

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Member, Department of Public Safety

Paul Goodman
Member, Department of Public Safety

FILED IN THE OFFICE OF
A. JAMES MANCHIN
SECRETARY OF STATE

THIS DATE MAY 9, 1984
Administrative Law Division

Section 1. General

1.1 Scope- These rules establish the general or specific ~~to~~ physical qualifications for cadet selection. ←

1.2 Authority- WV Code 15-2-7(c), 15-2-26

1.3 Filing Date- May 9, 1984

1.4 Effective Date- June 8, 1984

WEST VIRGINIA UNIVERSITY

OFFICE OF THE REGISTER

~~100-1-1~~ CADET SELECTION

PHYSICAL QUALIFICATIONS

Pursuant to the provisions of Chapter 15, Article 2, Section 7(c) of the Code of West Virginia, as amended, any person, prior to his/her enlistment in the Department of Public Safety, shall be required to successfully pass the following Medical Screening/Physical Fitness Evaluation examination as promulgated by the Department of Public Safety Retirement Board established in accordance with the provisions of Chapter 15, Article 2, Section 26 of the Code of West Virginia, as amended:

FILED IN THE OFFICE OF
A. JAMES MANCHIN
SECRETARY OF STATE
THIS DATE 5-9-84
Administrative Law Division

Section 2 GENERAL RULES

2.01 No person discharged from or refused enlistment in the armed forces of the United States for reasons of physical disability shall be enlisted as a member of the Department of Public Safety.

1.02 No person currently receiving compensation from the United States Government as the result of any physical impairment contracted while serving as a member of the armed forces of the United States shall be enlisted as a member of the Department of Public Safety.

1.03 No person who is currently receiving compensation from any source due to sustainment of any physical impairment shall be enlisted as a member of the Department of Public Safety.

1.04 No person who fails to successfully pass the following Medical Screening/Physical Fitness Evaluation examination or any portion thereof shall be enlisted as a member of the Department of

Public Safety. The Superintendent may, at his discretion, upon consultation with qualified medical and/or physical fitness authorities, waive medical and/or physical fitness disqualifications of a temporary nature and/or borderline medical and/or physical fitness disqualifications of a minor nature as determined by qualified medical and/or physical fitness authorities.

Section 3 MEDICAL SCREENING/PHYSICAL FITNESS EVALUATION

2.01 The Medical Screening phase of the examination shall include the following:

- (1) A comprehensive medical history questionnaire covering family health history and current health habits such as smoking, alcohol intake, physical activity, and medication. Special emphasis shall be placed on primary factors associated with coronary heart disease (CHD), i.e., high blood pressure, smoking, high blood fat levels (cholesterol and triglycerides), obesity, physical inactivity, and family history of CHD.

No person whose composite Coronary Heart Disease Risk Factor Analysis score exceeds 28 points shall be enlisted as a member of the Department of Public Safety.

- (2) General Appearance

Applicants shall be free from any marked deformity and from all parasitic or systemic skin disease.

(3) Sight

Applicants shall be free from color recognition deficiencies, chronic inflammation of the eye lids, and/or permanent abnormalities of either eye.

Applicants shall possess visual acuity of 20/40 without corrective lens (each eye shall be tested separately) correctable to a binocular vision of 20/20; peripheral vision of seventy (70) degrees or more (each eye to be tested separately); a glare recovery rate of four (4) seconds or less; and the ability to recover from night blindness in three (3) seconds or less.

(4) Hearing

Applicants shall possess normal hearing in each ear. Applicants' hearing shall be electronically tested over a series of normal speech range frequencies (250, 500, 750, 1000, and 2000 kilocycles). Each ear will be tested separately. The intensity of the tones heard will be measured in decibels. In the event that the test discloses a hearing loss of fifteen (15) or more decibels on any two of the specified speech range frequencies, the applicant shall be rejected. Applicants thus rejected may, if they so desire, seek, at their own expense, a second opinion as to the degree of hearing loss. In the event that such secondary expert opinion indicates a hearing loss of less than fifteen (15) decibels, the applicant shall be reconsidered for enlistment.

(5) Examination of Nose, Mouth, Teeth, Gums, and Tongue

Applicants shall possess no obstructions to normal free breathing nor suffer from chronic catarrh. The mouth shall be free from any deformity which might interfere with distinct speech patterns. Tonsils and thyroids shall be free from disease and enlargement. Teeth shall be clean, in good repair, well cared for, and so aligned as to present a favorable appearance.

(6) Respiratory System

Applicants shall possess full and easy regular respiration. Applicants' chests shall be x-rayed and all chest cavity organs shall be judged as normal. The respiratory system shall be free of disease. There shall be no marked chest wall deformities. Each applicant shall be required to pass a pulmonary function test (passing score - 70% or more).

(7) Circulatory System

An electrocardiogram shall be administered to all applicants. All heart functions shall be clinically and electrocardiographically normal. The resting pulse rate shall be normal and regular. Blood pressure shall not exceed 135/90. Temperature shall be normal. A chemical analysis of the blood shall be performed. Such analysis shall include blood count, indices, differential, mark hycl 17 or comparable test, and V.D.R.L. Any indication of syphilis, as determined

by the V.D.R.L., Wasserman, and/or Kahn blood test, shall be grounds for rejection. Applicants shall be free from varicose veins and/or any marked tendency toward their formation.

(8) Genito-Urinary

Applicants shall submit a routine urinary specimen. Reproductive organs shall be free from any disease or marked deformities. There shall be no hydroceles, varicoceles, or other possible problem causing abnormalities.

(9) Hemorrhoids

Applicants shall be totally free from hemorrhoids and/or any marked tendency toward their formation. There shall be no pilonidal cysts or sinuses present.

(10) Hernia

Applicants shall be totally free from hernia with no marked potential hernia present.

(11) Extremities and Joints

Applicants shall be free from affections of the joints, stiffness, malformations, arthritis, or other conditions such as hammertoes which might prevent the proper performance of assigned duties. All fingers, thumbs, and toes shall be present in their entirety.

(12) Nervous System

The applicant's nervous system shall be normal in all regards with no evidence of tremors or other nervous disorders. There shall be no evidence of epilepsy.

(13) Kidneys

The kidneys shall be healthy and shall function in a normal manner.

(14) Abdomen

The abdomen shall be free of clinical abnormalities.

(15) Such other tests as may be directed by the department physician.

2.02 The Physical Fitness Evaluation phase of the examination shall include the following:

- (1) A Physical Aptitude Test (PAT) consisting of four (4) events:
 - (a) Pull-Ups (Males) - Flexed Arm Hang (Females)
 - (b) Standing Long Jump
 - (c) Modified Basketball Throw
 - (d) 300 Yard Shuttle Run

In order to be eligible for continued consideration for enlistment, applicants must score a minimum of 150 composite points on the Physical Aptitude Test.

- (2) Determination of cardiovascular-respiratory fitness through utilization of a graded, multistage treadmill equipped with an exercise 12-lead EKG and a metabolic measure.

In order to be eligible for continued consideration for enlistment, applicants must achieve the following minimum score:

Male Applicants - 42

Female Applicants - 34

- (3) Determination of muscular strength and muscular endurance through utilization of a Cybex Machine.

In order to be eligible for continued consideration for enlistment, applicants must be free from any marked deficiency in either muscular strength or muscular endurance.

- (4) Determination of flexibility through utilization of a Leighton Flexometer.

In order to be eligible for continued consideration for enlistment, applicants must be free from any marked deficiency in flexibility.

- (5) Determination of body composition through utilization of Hydrostatic Weighing.

In accordance with established departmental policy and procedure, male applicants whose percent body fat exceeds twenty percent (20%) shall be rejected as shall female applicants whose percent body fat exceeds twenty-four percent (24%).