



Fresno County Sheriff-Coroner's Office Criminology 108

Academy Preparation Recommendations

The Sheriff's Office operates a high intensity, high discipline academy. Therefore, there are physical training expectations of the students entering into this academy. Below is a guide for where the student's capabilities are expected to be prior to entering the academy.

Age Group	Gender	Push-Ups	Sit-Ups	2-Mile Run
17 - 21	Male	35	47	16:36
	Female	13	47	19:42
22 - 26	Male	31	43	17:30
	Female	11	43	20:36

Note: This is just a guide to where you should be at a physical training level when you begin the Sheriff's Academy. You may or may not be tested in these categories as well as other areas not listed.

Below is a list of other preparation recommendations you should be focusing on prior to the beginning of the academy.

- Practice and maintain a healthy lifestyle
- Maintain a healthy diet
- Exercise on a regular basis (See above chart)
 - o Full body workouts
- Stay hydrated (See urine chart attached to this document)

These are suggestions that the Sheriff's Office has provided to best prepare you for the Sheriff's Academy.

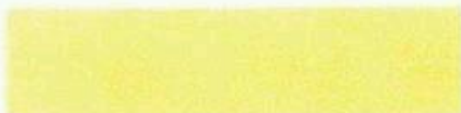
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Am I Hydrated? Urine Color Chart

1



2



3



4



5



6



7



8



This urine color chart is a simple tool you can use to assess if you are drinking enough fluids throughout day to stay hydrated.

If your urine matches the colors numbered **1, 2, or 3 you are hydrated.**

If your urine matches the colors numbered **4 through 8 you are dehydrated** and need to drink for more fluid.

Be Aware! If you are taking single vitamin supplements or a multivitamin supplement, some of the vitamins in the supplements can change the color of your urine for a few hours, making it bright yellow or discolored.