

Sheriff



Larry Ashley, Okaloosa County Sheriff

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OCSO IMPLEMENTS UPDATED PHYSICAL FITNESS POLICY

One of the initiatives for the Okaloosa County Sheriff's Office in 2011 under new Sheriff Larry Ashley is implementation of an updated Wellness and Physical Abilities Testing Program. The twelve page general order sets out the Sheriff's expectation that employees be able to meet the physical demands of law enforcement duties while also striving to maintain their personal wellness. Those actions will not only lessen their chances of injury or sickness, but also help to control agency funded health care costs.

Along with the obvious benefits, Sheriff Ashley says employees need to be sufficiently fit to perform under adverse conditions, pursue and subdue subjects, and appropriately protect and defend themselves and others.

Sworn employees will be required to obtain a Physical Abilities Test or PAT certification twice a year. The PAT consists of sixteen obstacles/stations to test agility, stamina, endurance, and more.

Sheriff Ashley says the updated policy is modeled after a successful program operated by the Citrus County Sheriff's Office and employees will get specialized attention from an agency Wellness Committee to help them work to meet the mandatory objectives. The OCSO already requires deputies to meet physical fitness standards in order to be hired and now they must maintain those standards. [Click here for video.](#)

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The Okaloosa County Sheriff's Office is accredited by the Commission for Florida Law Enforcement Accreditation.

"The Okaloosa County Sheriff's Office provides equal access and equal opportunity in employment and services and does not discriminate"