

Supplemental Information

***Guide for Physical Fitness Level**

For Most Positions with Direct Child Care Responsibilities

- 1) As a minimum bench mark we feel that typically someone should be able to do the following to be able to meet the physical demands someone working in a Direct Child Care position, and to pass the physical condition screening. However the emphasis is not on the items listed below (or the Physical Condition Screening) but on being able to do the associated work activity listed in the Job Description. Therefore, the list below should only serve as a point of reference for individuals.
 - a) Walk 1 mile without stopping within 45 minutes
 - b) Do 10 Pushups without stopping within 5 minutes
 - c) Do 20 “Crunches” without stopping within 5 minutes
 - d) Do 20 “Toe Touches” without stopping within 5 minutes
 - i) Toe Touches are defined as holding arms up parallel to the ground, and then taking one hand and touching the opposite leg at least to the knee level, then doing the same with the opposite arm, rotating until the proper number are completed.
 - e) Do 10 “Squats” without stopping within 5 minutes
 - i) Squats are defined as holding arms straight out in front and bending at the knees with back straight, but not bending below the upper part of the leg being parallel to the ground.
 - f) Do 10 “Squat Thrusts” without stopping within 5 minutes
 - i) Squat Thrusts are defined as Stand with feet together. Squat down and place your hands on the floor next to your feet. In an explosive movement, jump feet backwards into a push-up position, jump feet back between hands and stand up.
- 2) To maintain good health the Centers for Disease Control and Prevention recommend that adults need at least:
 - a) 2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity (i.e., brisk walking) every week and
 - b) muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

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****State Child Care Certification**

Pursuant to Senate Bill 783 of the 2008 General Assembly Session, residential child and youth care practitioners (direct care workers) in residential child care programs licensed by the Department of Health and Mental Hygiene's Mental Hygiene Administration, the Department of Juvenile Services and the Department of Human Resources must become certified by 2015.

In order to qualify for certification, applicants must:

- 1) Have a high school diploma or equivalent and have successfully completed an approved training program;
or
- 2) Have a high school diploma or equivalent and at least 2 years experience in the human service field and sponsorship from a certified program administrator; or
- 3) Have an associates or bachelor's degree from an accredited college or university.
- 4) Be enrolled in an approved apprenticeship program.

Those wishing to obtain certification must apply to the State of MD and take a certification test. As part of the application process candidates will be required to submit to a state and national criminal history records check through the Criminal Justice Information System initiated on fingerprint cards provided by the Board.

***** Background Investigations**

Those wishing to work in positions involving children will be required to go through various background investigations. These investigations include, but are not limited to: verification of references; verification of Driving Record with good results; passing a health screening; and Police/FBI/Child Protective Services background investigations.

Below is a list of things that could prohibit someone from working with children. Please note that this is not a complete list, and that things on this list may change because of changes to various governing regulations.

1. Excessive speeding tickets or motor vehicle violations involving reckless driving, DUI or any other violation involving unsafe driving.
2. Conviction for: Child abuse or neglect; Spousal abuse; Rape; Sexual assault; Homicide; Any crime against children; or a conviction within 5 years of applying for a job with the program for assault or a drug-related offense; or
3. A charge substantiated by an investigation of OLM or LDSS Child Protective Services unit in any jurisdiction for: Neglect of children; Physical Abuse of children, families, or staff members; Sexual abuse or harassment of children, families or staff members; Verbal or emotional abuse of children, families or staff members; or Drug or alcohol use on the premises or with children and families, or such that the staff that the staff is intoxicated while on duty.

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