



Scott County Jail Cheat Sheet

Stairwell	Steps
1 st floor to 2 nd floor	21 steps
Intake	17 steps
Special Management	17 steps
Female Housing	18 steps
General Population (North and South)	18 steps
1 st floor to locker rooms	26 steps

Looking for Shift-ly Motivation?

- There are approximately **20 stairs** in each of the stairwells.
- If you climb **24 “sets”** a shift (rounds every 30 minutes of a 12 hour shift) you will have approximately **480 steps up**, not including routine climbing.

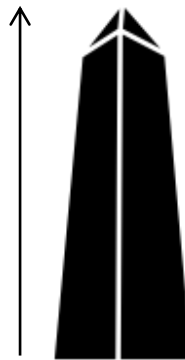
But you have 2 Pay Periods!!

- With 7 shifts a pay period, that gives you **168 “sets”**, approximately **3,360 steps up** a pay period.
- Climbing each shift of the two pay periods in March gives you **336 “sets”** at 20 steps a set... **approximately 6,720 stairs.**

What does 6,720 Steps up Equal???



Statue of Liberty
6 times



Washington Monument
1.5 times