

		Summerset Police Department Policy and Procedures	
POLICY NO: 23-1	SECTION: Physical Fitness Standards	PAGE NO: 1 OF 3	
SUBJECT: Physical Fitness Testing			
SUPERCEDES: N/A	EFFECTIVE: TBD	APPROVED BY:	

PURPOSE: The Summerset Police Department has established a program for measuring an individual officer's level of physical fitness. It is intended to encourage officers to improve or maintain their fitness level without causing injury.

23.1.0 POLICY: Physical fitness is every officer's individual responsibility. Regular, vigorous exercise can increase muscle strength, tone, and endurance; improve the respiratory and cardiovascular function; improve the flexibility of joints; promote a feeling of mental and physical wellbeing; and control or reduce body weight. With these characteristics, an officer would possess the means to accomplish daily tasks, both occupational and recreational, without undue fatigue or risk of injury.

ADMINISTRATION OF FITNESS TESTING

23.1.1 -All sworn, full-time police officers will be required to maintain a physical level which will guarantee individual performance of at least the minimum standards in testing twice each year. The tests will be administered during the months of September and April (subject to change) and should be accomplished as department function.

23.1.2 - Chief of Police or Sergeant will serve as testing officers and will conduct all testing sessions uniformly and impartially. They shall be responsible for recording the results of each event for each officer.

23.1.3 - Any officer who is unable to perform or performs below the minimum standard on any test(s) will have one additional opportunity to pass the PT test by the end of the following month. No extensions to this timeframe will be authorized.

23.1.4 - If an officer fails the PT test two times within the authorized timeframe, the following will ensue:

The officer will immediately be scheduled for a medical exam:

- If the medical exam reveals no apparent reason for the officer’s inability to perform the test, the officer may be disciplined to include suspension or termination.
- If the medical exam reveals a health condition that may cause the officer’s poor performance, the officer will be placed on sick leave until the medical doctor signs a “Return to Work” document for the officer. Once a “Return to Work” document is provided to the Summerset Police Department, the officer will be required to take the PT test within 4 weeks of their return.

- If the officer passes, excellent.
- If the officer performs the test below the minimum standard again, in absence of an additional health condition, they may be disciplined to include suspension or termination.

23.2.0 - FITNESS TESTS

A. The Summerset Police Department follows the Cooper single norm standards for Police Officers. The single norm standards which is regardless of your age or gender, will be as follows:

- B. 30 sit-ups in sixty seconds
- C. 18 push-ups in sixty seconds
- D. 1.5-mile run in 16:30 minutes

23.3.0 - FITNESS STANDARDS AND PROCEDURES

23.3.1 - Sit-up - this test measures the abdominal muscular endurance.

A. The officer starts by lying on their back, knees bent, and heels flat on the floor. Arms will be crossed over the chest. The arms and hands should not be used to pull or jerk the upper torso in a sit-up exercise.

B. A partner holds the feet firmly. A correct sit-up is counted when the officer's shoulder blades come off the ground and the elbows touch his/her knees. The testing officer then performs as many correct sit-ups as possible in one minute. If the officer needs to rest, they are required to do so in an up position.

C. The score is the total number of correct sit-ups completed in 60 seconds.

23.3.2 - Push-up - this test measures the muscular endurance of the upper body (anterior deltoid, pectorals major and triceps).

A. The officer places their hands about shoulder-width apart, with fingers pointing forward. Starting from the up position, with the elbows extended. The officer's back is straight at all times during the exercise.

B. The officer lowers the body to the floor until the upper arm and back form a line that is parallel with the floor or until the elbow has a 90-degree bend. Returning to the up position from this point is one repetition of the exercise.

C. The score is the total number of repetitions performed. Resting is allowed in the up position with both hands on the ground. The counting of repetitions ceases when either of the knees touch the ground or one or the other hand is lifted off the ground.

23.3.4 – 1.5- mile run. - This test is a measure of aerobic power (cardiovascular endurance).

A. The objective of the 1.5-mile run is to cover the distance as fast as possible.

B. Test location should be as flat as possible and allow for the distance to be covered with minimal directional changes. Tracks or other circular courses with few 90-degree turns are acceptable.

C. While taking part in the 1.5-mile run, officers may, without limit, stop to walk and re-start running.

D. During the administration of the test, officers may be informed of the lap or distance times. The score will be the time the officer crosses the finish line. Finish times shall be called out for the officer.

E. Upon test completion, a mandatory cool down period is enforced. The officers should walk slowly for approximately five minutes immediately after the run to prevent venous pooling.