

SITKA POLICE DEPARTMENT PHYSICAL FITNESS **SELECTION STANDARDS**

The Sitka Police Department has established physical fitness standards that must be met in order to be considered for selection as a Police officer. The Department recognizes the importance of physical fitness for success at the DPS Training Academy and in job performance.

These physical fitness entrance standards help ensure the successful applicant can undergo both the physical and academic demands of the academy and law enforcement work environment without undo risk of injury or fatigue.

In an effort to brief Sitka Police Department applicants, this pamphlet provides information on the rationale, purpose, procedures, standards of performance, and activities to prepare for fitness testing. It is intended to answer the basic questions pertaining to all aspects of the fitness testing process.

WHAT IS PHYSICAL FITNESS?

Physical fitness for law enforcement officers may be defined as the ability to perform essential tasks with vigor, alertness, and little or no fatigue with a rapid recovery period after high levels of exertion.

During and after periods of physical exertion, a law enforcement officer must be able to maintain good judgement and make correct decisions.

Good physical conditioning has been shown to:

1. Reduce the incidence of back injury (the most common injury suffered by law enforcement officers) and heart attack (major cause of death of law enforcement officers over 35 years old);
2. Reduce the amount of sick leave needed and retirements due to disability;
3. Enhance recovery from injury;
4. Provide additional options besides the use of deadly force; and
5. Provide an outlet for relief from stress.

Physical fitness has been demonstrated to be a bona fide occupational qualification for law enforcement officers. Job analyses on law enforcement officers have demonstrated that fitness is an underlying factor in determining the physiological readiness to perform a variety of critical physical tasks necessary in law enforcement work. Physical fitness has been shown to be predictive of job performance and use of sick time.

Physical fitness can be an important area for minimizing liability. The unfit law enforcement officer is less able to respond fully to strenuous physical activity and may be of danger to him or her self, colleagues, or the public.

HOW WILL PHYSICAL FITNESS BE MEASURED?

The Sitka Police Department's Physical Fitness Test includes push-ups to failure, 1-minute sit-ups, and 1.5 mile run.

Push-ups to Failure

The starting position is with the hands placed about shoulder-width apart, with fingers pointing forward, the feet no more than 6-8" apart. The administrator places a 3-inch block under the sternum. Starting from the up position (elbows extended), the subject must keep the back straight at all times and lower the body to the floor until the chest touches the 3-inch block. The subject then returns to the up position. This is one repetition. Resting or repositioning hands or feet is not allowed. When subject rests or moves hands or feet the test will be determined finished. The total number of minimum acceptable is 25.

1 Minute Sit-ups

The subject starts by lying on the back, knees bent, heels flat on the floor, with the fingers laced and held behind the head. A partner holds the feet down firmly. The subject then performs as many correct sit-ups as possible in one minute. In the up position, the individual should touch elbows to knees and then return until the shoulder blades touch the floor. Resting is allowed in the up position only. The neck remains in a neutral position, elbow in parallel to the sides of the body. Minimum acceptable number is 27.

1.5 Mile Run

This is a timed run over a measured course. The course may sometimes be run on the street, a cross-country trail, or an oval track. Minimum acceptable time is 15 minutes 12 seconds (15:12).

RETEST

Applicants that do not meet the minimum acceptable standards will be allowed to retest during future scheduled fitness testing dates for the same recruitment. Retest will consist of the entire test battery.

BEFORE STARTING ANY PHYSICAL EXERCISE PROGRAM, IT IS RECOMMENDED THAT YOU SEE A MEDICAL DOCTOR.

PREPARATION FOR TESTING

The Sitka Police Department wishes you success on the physical fitness portion of the Police officer selection process. We recommend you take the time to properly prepare, by starting a personal fitness program that includes both strength and aerobic exercises.