



# Cheswold Police Department

## POLICE OFFICER ENTRY LEVEL

### FITNESS ABILITY TEST STANDARDS

Law enforcement officers have unique job functions, some of which can be physically demanding and dangerous. An officer's capability to perform those functions can affect personal and public safety. Training for the required skills is often more vigorous and demanding than the day-to-day job functions that the officer faces. Physical fitness underlies an officer's ability to perform many of the frequent and critical job tasks as well as the demanded training of skills. The minimum fitness standards identified below, are the requisite levels for an officer to effectively learn the frequent and critical job motor skills. The requirements are below, failing to complete any portion of this standard will be considered a fail and result in removal from the hiring process:

1. 300-Meter Run
2. Maximum Push-Ups
3. Sit-Ups (One Minute)
4. 1.5-Mile Run/Walk

Tests may be administered in the above order. While not required, the test battery process should be sequenced as follows:

1. Warm-up (5- 10 minutes) may be self-directed or lead by test personnel
  - A. General warm-up - 2-3 minutes of easy jogging, jumping jacks, etc.
  - B. Stretching - 5-7 minutes, include stretches for shoulders, back, upper and lower legs.
2. Physical Fitness Test Battery (FAT)
  - C. 300-Meter Run (15 minutes rest)
  - D. Sit-Ups (1 Minute) (5 minutes rest)
  - E. Maximum Push-Ups (10 minutes rest)
  - F. 1.5-Mile Run/Walk
3. Cool-down (5 minutes)
  - G. Walking - keep walking to avoid blood pooling in legs.
  - H. Easy stretching.

## Physical Fitness Standards

### Full Body Push-Ups

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Low		High	
30 pts.	21 reps.	50 pts.	35 reps.

### Sit-Ups (1 minute)

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Low		High	
30 pts.	30 reps.	50 pts.	38 reps.

### 300 Meter Run (Seconds)

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Low		High	
30 pts.	71 seconds	50 pts.	56 seconds

### 1.5 Mile Run

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Low		High	
30 pts.	16:28	50 pts.	13:35

**\*Any score below 30 points is no score.**

Use this log to keep track of your scores while you prepare for the physical test. Once you can complete the minimum requirements, you are ready for testing.

**Date:** \_\_\_\_\_ **Sit-ups:** \_\_\_\_\_ **Push-ups** \_\_\_\_\_ **Run time:** \_\_\_\_\_

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# Cheswold Police Recruit Physical Fitness Test Log

Date: \_\_\_\_\_ Sit-ups: \_\_\_\_\_ Push-ups \_\_\_\_\_ Run time: \_\_\_\_\_

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\*This log is only a helpful tool and is not a requirement for our testing process.