

SECTION III – Fitness Test Medical Certificate

FITNESS TEST MEDICAL CERTIFICATE

Dear Physician:

The following named individual has submitted an application to become a Police Officer with the Richmond Police Department.

Candidate Name: _____ Date of Birth: _____
Address: _____ Town/City: _____ State: _____

The Richmond Police Department and the Rhode Island Department of Public Safety/Municipal Police Training Academy (RIDPS/MPTA) requires each candidate to bring a completed Physical Fitness Test Certificate to the Physical Fitness Test before he/she will be allowed to participate in the test. A statement must be obtained from a licensed physician that the candidate is of sufficient physical conditioning to undergo a Physical Fitness test. The Fitness Test Medical Certificate **must** be completed within six (6) months of the Physical Fitness testing date.

Attached to this form is a listing of the minimum physical fitness standards a candidate must attain (next page).
We ask that your evaluation be based upon these criteria. Thank you for your assistance.

PHYSICIAN'S STATEMENT

I have examined the above-named individual on _____.
(Date)

After reviewing each of the four (4) events, I find him/her to be of sufficient physical conditioning to allow the candidate to participate in the Richmond Police Department and RIDPS/MPTA Physical Fitness Test.
(name of department)

Comments (if any): _____

Physician's Signature

(Please type or print:)

Physician's Name: _____

Address: _____

Telephone Number: _____

Effective April 2017

**Physical Fitness Assessment
40th Percentile**

1 Minute Push-Up

	Age<20	20-29	30-39	40-49	50-59
Male	29.0	29.0	24.0	18.0	13.0
Female	15.0	15.0	11.0	9.0	n/d

1.5 Mile Run-Aerobic Power

	Age<20	20-29	30-39	40-49	50-59
Male	12:38	12:38	12:58	13:50	15:06
Female	14:50	14:50	15:43	16:31	18:07

1 Minute Sit-up test

	Age<20	20-29	30-39	40-49	50-59
Male	41.0	38.0	35.0	29.0	24.0
Female	32.0	32.0	25.0	20.0	14.0

300 Meter Run

	Age<20	20-29	30-39	40-49	50-59
Male	59.0	59.0	58.9	72.0	83.2
Female	71.0	71.0	79.0	94.0	n/d

April 2017 #49

PROFICIENCY STANDARDS FOR EMERGENCY WATER SAFETY COURSE

NOTICE: Each applicant is hereby notified that the Rhode Island Municipal Training Academy (RIMPTA) curriculum consists of a 10-hour block of instruction for Basic Water Rescue for all recruits. Applicants may be required by the Richmond Police Department to demonstrate their ability swim in order to be considered for hiring. This may include a video that the candidate obtains on their own in which the candidate, date and time can be verified.

The following prerequisites must be attempted during the RIMPTA Academy's first course meeting of the Emergency Water Safety Course and must be achieved no later than the last course meeting:

1. Swim 200 yards continuously using 100 yards of an approach stroke (crawl or breaststroke) and 100 yards of a tow stroke (sidestroke or elementary backstroke).
 2. Tread water for 10 minutes.
 3. Surface dive to a depth of 7 to 12 feet, retrieve water rescue dummy from the bottom of the pool and return it to the surface.
 4. Swim a distance of 30 feet (5 body lengths), underwater. (Applicants will be required to hold their breath and swim this distance underwater).
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