TOWN OF MIDDLETOWN

MEDICAL CERTIFICATE

Dear Physician:

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

Candidate Name: _____   **Date of Birth:**_____

Address:_____   **Town/City:**_____   **State:** _____   **Zip Code:** _____

The Middletown Police Department requires each candidate to bring this completed Medical Certificate to the Physical Fitness & Water Rescue/Swim Assessment 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 the Physical Fitness & Water Rescue/Swim Assessment.

Below you will find the standards each candidate must attain. We ask that your evaluation be based upon these criteria. Thank you for your assistance.

Water Rescue/Swim Assessment Standards	Physical Fitness Assessment Standards
1. 200-yard continuous swim	1. One minute Push-up test
2. 10 minutes treading water	2. One minute Sit-up test
3. 40-pound weight/dummy retrieval in the deep end	3. 1.5 mile run
4. 30 foot underwater swim	4. 300 meter run

PHYSICIAN'S STATEMENT

After reviewing the above standards, I find him/her to be of sufficient physical conditioning to allow the candidate to participate in the Middletown Police Department Physical Fitness and Water Rescue/Swim Assessment Test.

Comments (if any): _____

_____   _____
Physician's Signature   **Date**

_____
Physician's Name *(Please Print)*

_____
Address

_____
Telephone Number:

RHODE ISLAND MUNICIPAL POLICE TRAINING ACADEMY
PHYSICAL FITNESS ASSESSMENT 40TH PERCENTILE

1 Minute Push-Ups

	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

	Age<20	20-29	30-39	40-49	50-59
Male	12:38	12:38	13:04	13:49	15:03
Female	14:50	14:50	15:38	16:21	18:07

1 Minute Sit-Ups

	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