

PHYSICIAN STATEMENT FORM

This form must be completed by a Physician and presented to the Swatara Township Police Department upon arrival at the physical fitness test site. Failure to present this completed form will remove you from the testing process.

I, _____, as a physician for
Physicians Name

_____, a police applicant wishing to
Applicants Name

participate in the Police Officer's Physical Fitness Assessment Test sponsored by the Swatara Township Police Department, do hereby state that the aforementioned individual can safely perform the exercises as described in the accompanying "Physical Fitness Test" form, which I have reviewed.

Print/Type Name of Physician

Date

Signature

Physical Fitness Test

Applicants for the position of "Police Officer" must demonstrate a fitness level which would allow them to perform the essential job functions of a police officer. Applicants must perform each of the following exercises in accordance with the indicated standards. Each exercise will be scored as PASS/FAIL. **If an applicant fails one event, they fail the entire test and will not advance to the written test.** The exercises must be performed in the following order:

- 1. Vertical Jump** - Applicant will be provided three attempts to jump as high as possible from a standing position. The applicant will be measured for their maximum reach with both arms held vertically above their head to include their hands. This will be the base height for the applicant. The applicant must then jump vertically and reach the standard of **15"** above their base height.
* 2 minute rest
- 2. 1 Minute Sit-Ups** - Applicants will have 1 minute to complete **28 sit-ups**. This exercise shall consist of the applicant lying on the floor with the knees bent 90 degrees and feet flat on the floor, being held in position. The applicant will interlock their fingers behind their head prior to beginning the sit up. The applicant must lift their upper body off of the floor while keeping their feet and buttocks in contact with the floor (no kipping of the hips). The applicant must touch their elbows to their knees without pulling on their neck and while keeping their fingers interlocked. The applicant will then lower themselves back to the floor ensuring that their shoulder blades touch the floor before beginning the next sit up. Resting can only be done in the up position.
* 5 minute rest
- 3. 300 Meter Run** - Applicant will run 300 meters on a level surface within **70.1 seconds**.
* 5-10 minute rest
- 4. Push-ups** - Applicant will place their hands on the ground, approximately shoulder width apart. Some part of the hands must lie within a vertical line drawn from the outside edge of the shoulders to the floor. Applicant's feet may be up to 12" apart. The body must be in a straight line from shoulders to ankles and remain straight during the entire duration of the test. The applicant must lower their body until the back of their humeri/triceps are parallel to their back. The applicant must then raise their body up until their arms are fully extended to complete the push up. **24 correct push-ups** must be performed to pass this test. Resting can only be done in the up position. Once the applicant begins, they cannot move their feet or hands at any time during the test.
* 5 minute rest
- 5. 1.5 Mile Run** - The applicant will run a level 1.5 mile course within **15 minutes and 55 seconds**.