

Egg Harbor Township Police Department



FITNESS INDICATOR TEST
RECRUIT ASSESSMENT SHEET

Name & Weight: _____

Date: _____

Administrator's Name: _____

Pass or Fail: _____

| Document each result and circle P or F | Absolute Standard - 80% Mark | | |
|---|------------------------------|---------------------|--------------|
| Vertical Jump: <u>Then rest for 2 minutes</u> | _____ P or F | <u>15.75 inches</u> | <u>21</u> |
| 1 RM bench press (use chart): <u>Then rest for 2-3 minutes</u> | _____ P or F | <u>.81 ratio</u> | <u>.88</u> |
| Sit-ups: <u>Then rest for 5 minutes</u> | _____ (1 min.) P or F | <u>34 sit-ups</u> | <u>37</u> |
| 300 meter run: <u>Then rest for 5-10 minutes</u> | _____ P or F | <u>65 seconds</u> | <u>54</u> |
| Push-ups: <u>Then rest for 5 minutes</u> | _____ (1 min.) P or F | <u>30 push-ups</u> | <u>32</u> |
| 1.5 Mile Run: <u>Perform active cool down for 5 minutes</u> | _____ P or F | <u>15:38</u> | <u>12:51</u> |

Quick reference- Must follow the mandatory resting between exercises

Vertical Jump - standing one side towards the wall, reach up as high as possible to mark standard reach. Prior to jump, one foot must remain stationary on the floor. Officer jumps as high as possible and marking the chart/yard stick. Difference is their score.

1Rm Bench Press - with client in supine position, spotters lower bar until client's elbows reach 90 degrees. Subject should have a slightly wider than shoulder width grip on bar. Spotters then release bar and client presses to full extension while exhaling. The absolute standard cutoff point is .81 %. After the bench press test the officer will rest for 3 minutes before proceeding to the next test.

Sit ups - knees bent, heels flat on floor, hands cupped behind the ears, up-elbows to knees/down - shoulder blades touch floor.

300 Meter run - warm up- stretching has to precede testing, then officer sprints the 300 meters. Allow 5 minutes of walking as a cool down.

Push ups- start in up position - elbows extended - chest to 3" above floor return to up position. Rest in the down position only.

1.5 mile run - officer runs as fast as possible and should walk for 5 minutes afterwards to cool down.

TEST 1 – Vertical Jump Test

This test is a measure of jumping or explosive power and is recommended as a part of the public safety fitness assessment battery. It is an important area for pursuit tasks that require jumping and vaulting.

1. Client stands with one side toward the wall and reaches up as high as possible to mark his/her standard reach on the yardstick.
2. Client jumps as high as possible and marks the spot on the wall above his/her standard reach mark. Prior to jump, one foot must remain stationary on the floor.
3. Score is the difference between the standard reach and top of the jump mark, to the nearest $\frac{1}{2}$ inch.
4. The best of three trials is the score.

The absolute standard cutoff point is 15.75 inches. After the vertical jump test the officer will rest for 2 minutes before proceeding to the next test.

TEST 2 – 1 RM Bench Press

1. With client in supine position, spotters lower bar until client's elbows reach 90 degrees. Subject should have a slightly wider than shoulder width grip on bar.
2. Spotters then release bar and client presses to full extension while exhaling. The absolute standard cutoff point is .81 ratio. After the bench press test the officer will rest for 3 minutes before proceeding to the next test.

(See attached charts)

TEST 3 – Sit Up Test

This test measures abdominal muscular endurance.

1. The client starts by lying on the back, knees bent, heels flat on the floor, with the hands cupped behind the ears. Note: Law Enforcement must follow formal protocol with the fingers laced and held behind the head. Avoid pulling on the head with the hands. The buttocks must remain on the floor with no thrusting of the hips.
2. A client holds the feet down firmly.
3. The client then performs as many correct sit ups as possible in one minute.
4. In the up position, the client should touch elbows to knees and then return until the shoulder blades touch the floor.

Sit Up Test continued

5. **Score is total number of correct sit ups. Any resting should be done in the up position.**
6. **Breathing should be as normal as possible, making sure the client does not hold their breath as in the Valsalva maneuver.**
7. **Neck remains in the neutral position.**
8. **Do not pull on the head or neck.**

The absolute standard cutoff point is 34 sit up's. After the sit up test the officer will rest for 5 minutes before proceeding to the next test.

TEST 4 - 300 Meter Run

400 meter running track or any measured 300 meter flat surface that provides good traction, running shoes. Irregular surfaces such as loose gravel are not acceptable.

1. **As with all physical tests, medical screening should precede testing.**
2. **As with all physical tests, warm up and stretching should precede testing.**
3. **If using a 400 meter track, client runs 3/4 of 1 lap (inside lane) at maximal level of effort. Time used to complete distance is recorded in seconds. Consult norms to determine fitness category.**
4. **Client should walk for 3-5 minutes immediately following test to cool down. This is an important safety consideration.**

The absolute standard cutoff point is 65 seconds. After the 300 meter test the officer will rest for 10 minutes before proceeding to the next test.

TEST 5 – Push Up Test

This test measures muscular endurance of the upper body (anterior deltoid, pectoralis major, triceps).

1. **The hands are placed slightly wider than shoulder width apart, with fingers pointing forward. The trainer places one fist on the floor below the subject's chest. If a male is testing a female, a 3 inch sponge should be placed under the sternum to substitute for the fist.**
2. **Starting from the up position (elbows extended), the client must keep the back straight at all times and lower the body to the floor until the chest touches the administrator's fist. Client then returns to the up position. This is one repetition.**

Push Up Test continued

3. Resting should be done only in the down position. Both hands must remain in contact with the floor at all times.
4. The client performs as many correct pushups as possible in one minute.

The absolute standard cutoff point is 30 push up's. After the push up test the officer will rest for 5 minutes before proceeding to the next test.

TEST 6 - 1.5 Mile Run

1. Clients should not eat a heavy meal or smoke for at least 2-3 hours prior to the test. Clients should warm up and stretch thoroughly prior to the test.
2. If possible, each client should have experienced some practice in pacing prior to the test. Often clients will attempt to run too fast early in the run and become fatigued prematurely. A trained pacer might accompany the client around the track during the actual test.
3. The client runs 1.5 miles as fast as possible. If a 440 yard track is used, six laps must be completed using the inside land (lane 1). If using a 400 meter track, an additional 15 yards must be run after the six laps are completed.
4. During the administration of the test, clients can be informed of their lap times. Finish times should be called out and recorded.
5. Upon test completion, a mandatory cool down period is enforced. The clients should walk slowly for about 5 minutes immediately after the run to prevent venous pooling (i.e., pooling of the blood in the lower extremities which reduces the return of blood to the heart and may cause cardiac arrhythmia).

The absolute standard cutoff point is 15 minutes and 38 seconds (15:38).

Body Pounds**0.88%**

| | | | |
|------------|----------|------------|------------|
| 100 | = | 88 | lbs |
| 105 | = | 92 | lbs |
| 110 | = | 97 | lbs |
| 115 | = | 101 | lbs |
| 120 | = | 106 | lbs |
| 125 | = | 110 | lbs |
| 130 | = | 114 | lbs |
| 135 | = | 119 | lbs |
| 140 | = | 123 | lbs |
| 145 | = | 128 | lbs |
| 150 | = | 132 | lbs |
| 155 | = | 136 | lbs |
| 160 | = | 141 | lbs |
| 165 | = | 145 | lbs |
| 170 | = | 150 | lbs |
| 175 | = | 154 | lbs |
| 180 | = | 158 | lbs |
| 185 | = | 163 | lbs |
| 190 | = | 167 | lbs |
| 195 | = | 172 | lbs |
| 200 | = | 176 | lbs |
| 205 | = | 180 | lbs |
| 210 | = | 185 | lbs |
| 215 | = | 189 | lbs |
| 220 | = | 194 | lbs |
| 225 | = | 198 | lbs |
| 230 | = | 202 | lbs |
| 235 | = | 207 | lbs |
| 240 | = | 211 | lbs |
| 245 | = | 216 | lbs |
| 250 | = | 220 | lbs |
| 255 | = | 224 | lbs |
| 260 | = | 229 | lbs |
| 265 | = | 233 | lbs |
| 270 | = | 238 | lbs |
| 275 | = | 242 | lbs |
| 280 | = | 246 | lbs |
| 285 | = | 251 | lbs |
| 290 | = | 255 | lbs |
| 295 | = | 260 | lbs |
| 300 | = | 264 | lbs |

Body Weight**0.81%**

| | | | |
|-----|---|-----|-----|
| 100 | = | 81 | lbs |
| 105 | = | 86 | lbs |
| 110 | = | 89 | lbs |
| 115 | = | 93 | lbs |
| 120 | = | 97 | lbs |
| 125 | = | 101 | lbs |
| 130 | = | 105 | lbs |
| 135 | = | 109 | lbs |
| 140 | = | 113 | lbs |
| 145 | = | 117 | lbs |
| 150 | = | 122 | lbs |
| 155 | = | 126 | lbs |
| 160 | = | 130 | lbs |
| 165 | = | 134 | lbs |
| 170 | = | 138 | lbs |
| 175 | = | 142 | lbs |
| 180 | = | 146 | lbs |
| 185 | = | 150 | lbs |
| 190 | = | 154 | lbs |
| 195 | = | 158 | lbs |
| 200 | = | 162 | lbs |
| 205 | = | 166 | lbs |
| 210 | = | 170 | lbs |
| 215 | = | 174 | lbs |
| 220 | = | 178 | lbs |
| 225 | = | 182 | lbs |
| 230 | = | 186 | lbs |
| 235 | = | 190 | lbs |
| 240 | = | 194 | lbs |
| 245 | = | 198 | lbs |
| 250 | = | 203 | lbs |
| 255 | = | 207 | lbs |
| 260 | = | 211 | lbs |
| 265 | = | 215 | lbs |
| 270 | = | 219 | lbs |
| 275 | = | 223 | lbs |
| 280 | = | 227 | lbs |
| 285 | = | 231 | lbs |
| 290 | = | 235 | lbs |
| 295 | = | 239 | lbs |
| 300 | = | 243 | lbs |