

MANDATORY FORM TO BE SUBMITTED THE DAY OF YOUR PHYSICAL FITNESS TEST DO NOT MAIL TO CITY OF ALLENTOWN

PHYSICIAN’S RELEASE FORM

This release shall remain effective for six months following the date of authorization.

Dear Physician:

In order for (print applicant’s name) _____, an applicant for the position of Police Officer, to participate in the physical fitness test, it is necessary for him/her to obtain clearance from a licensed physician. Please review the test guidelines on the following pages and sign the appropriate line below. Additional space is allowed for comments, including any limitations on applicant’s participation.

All testing is monitored by certified fitness coordinators. Testing is complete when the applicant meets the requirement, i.e. if the standard is 20 push-ups, the test ends when the applicant meets that standard. Any additional push-ups will not be counted. This test is pass/fail basis.

- I have examined the applicant whose name is listed above. The applicant **MAY** participate in the Physical Fitness Test.

Physician’s Name:

Physician’s Signature: _____

Address: _____

Date of Exam: _____

OR

- I have examined the applicant whose name is listed above. The applicant **MAY NOT** participate in the Physical Fitness Test.

Physician’s Name:

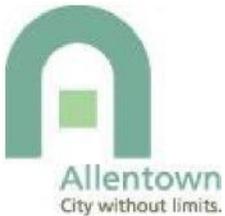
Physician’s Signature: _____ Address: _____

Date of Exam: _____

Comments: _____

Questions regarding this form or the Physical Fitness Tests shall be directed to: Mike Grogen, Physical Fitness Consultant, Pennsylvania Chiefs of Police Association, 3905 North Front Street, Harrisburg, PA 17110, pafitcop@yahoo.com.

Questions regarding the Pre-Academy Physical Fitness Test shall be directed to: Officer Leonard Fritzingler, Allentown Police Department, Leonard.Fritzingler@allentownpa.gov, (610) 437-7744



MEDICAL CLEARANCE FOR PARTICIPATION

It is the responsibility of each applicant to possess an acceptable level of physical readiness which insures that the applicant is, at all times, at a level of physical readiness necessary to perform the essential tasks of a police officer.

In order to ensure that each applicant can perform his/her duties safely and effectively without undue risk to themselves or the public, the applicant is required to take the Physical Fitness Test as part of the selection procedures, as well as a Pre-Academy Physical Fitness Test aligned with MPOETC standards.

The Physical Fitness Tests are designed to measure the cumulative effect on each applicant. Therefore, a failure on any one of the test events constitutes a failure of the entire test battery and will exclude the applicant from further processing.

The Physical Fitness Test battery consists of:

300 Meter Run	66 Seconds
Sit-ups	30 Reps in 1 Minute
Push-ups	25 Reps in 1 Minute
Vertical Jump	15.5 Inches
1.5 Mile Run	15 Minutes 54 Seconds

Each test is preceded by a warm-up or rest period, with a mandatory cool-down period at the conclusion of the tests. A general explanation of each test event protocol is on the following page.

The Pre-Academy Physical Fitness Test battery consists of:

300 Meter Run Sit-ups Bench Press 1.5 Mile Run

The passing standards for each event varies according to age and gender. The Entry Level Standards are attached.

The Genetic Information Nondiscrimination Act of 2008 (GINA) prohibits employers and other entities covered by GINA Title II from requesting or requiring genetic information of an individual or family member of the individual, except as specifically allowed by this law. To comply with this law, we are asking that you not provide any genetic information when responding to this request for information. "Genetic Information," as defined by GINA, includes an individual's family medical history, the results of an individual's or family member's genetic tests, the fact that an individual or an individual's family member sought or received genetic services, and genetic information of a fetus carried by an individual or an individual's family member or an embryo lawfully held by an individual or family member receiving assistive reproductive services.

PHYSICAL FITNESS TEST BATTERY DESCRIPTION

- 1. Vertical Jump:** This is a measure of lower body explosive strength. This is an important part of any physical exertion scenario. Example: Vaulting or jumping during a pursuit.

The applicant stands directly under the horizontally aligned, half inch graduated blades of the Vertex Vertical Jump Tester. With their feet together, they begin by reaching up with one hand as high as possible keeping their heels flat on the ground. This establishes the applicant's base line reach height mark. From this mark, a measurement is made to fix the height of the standard mark. The vertical jump may be performed in one of two ways. The applicant may take a position with both feet squarely beneath them, bending down, and jumping straight up. The other method allows the applicant to keep one foot stationary, with the opposite foot step back or to the side, then stepping back to a square position, and jumping straight up. With either method, the applicant must reach up with one hand and touch the machines graduated blade set to the standard mark. The applicant has three valid attempts to reach the standard mark.

- 2. Sit-ups:** This is a test of the muscular endurance of the trunk including the abdominal muscles and hip flexors. This is an important factor in a use of force scenario and minimizing lower back problems. Example: Gaining control of a suspect.

The applicant starts by lying on their back, knees bent at approximately 90°, feet flat on the ground, and their hands behind the head with their fingers interlaced. Their feet will be firmly held in place. For a repetition to be counted, the applicant must touch their knees with their elbows and then return to the lying position so that the shoulder blades touch the ground. During the exercise, the applicant may not raise their hips or "kip" and they may only rest in the "up" position. The required number of repetitions must be completed within one minute.

- 3. 300 Meter Run:** This is a measure of anaerobic power. This is an important factor in exerting short bursts of energy. Example: A foot pursuit.

The applicant must complete a 300 meter course in the required time. On a standard 440 yard track, this is approximately $\frac{3}{4}$ of the way around the track.

- 4. Push-ups:** This is a measure of dynamic upper body strength. This is an important part of any dynamic physical exertion scenario. Example: Gaining physical control of a suspect or clearing a roadway.

The applicant starts in a kneeling position in order to set their hands, palms down on the ground, approximately shoulder width apart. The legs are then extended straight back with the feet together or up to six inches apart. The applicant flexes their arms at the elbow until the upper part of the arm (Humerus) becomes parallel to the ground. This is approximately three inches off of the ground. The applicant then returns to the up position with a straight or "soft lock" of the elbows. The applicant must remain in the straight plank position from their head to their heels. The applicant may only rest in the up position only. There is no time limit on this test event. No other part of the applicant's body may touch the ground during the test event or they fail.

- 5. 1.5 Mile Run:** This is a measure of aerobic power or VO2 max. This is the foundation for almost all physical tasks. Example: Use of force incident or administering one man CPR.

The applicant must complete the 1.5 mile course in or under the required time. On a standard 440 yard track, six laps must be completed. The applicant may not leave the running surface prior to successfully completing the course.