



## Recruit Academy (ROC) Entry-Level Fitness Standards

Effective July 1, 2019, all students entering any MPTC-authorized or hosted fulltime recruit academy will be required to pass an MPTC fitness test comprised of four (4) events. **No** concurrent exit standard is being implemented.

**The four events and their standards** (40<sup>th</sup> percentile of the Cooper Aerobics Institute’s norms, including age and gender norming):

1. One-minute pushups (dynamic strength):

AGE:	20-29	30-39	40-49	50-59	60+
Females*:	23	19	13	12	5
Males:	29	24	18	13	10

\* modified position is permitted

2. One-minute sit-ups (dynamic strength):

AGE:	20-29	30-39	40-49	50-59	60+
Females:	32	25	20	14	6
Males:	38	35	29	24	19

3. 1.5-mile walk/run (cardiorespiratory fitness):

AGE:	20-29	30-39	40-49	50-59	60-69
Females:	14:50	15:38	16:21	18:07	20:06
Males:	12:38	13:04	13:49	15:03	16:46

4. 300-meter run (anaerobic power – measured in seconds):

AGE:	20-29	30-39	40-49	50-59	60+
Females:	71	79	94	no data**	no data**
Males:	59	59	72	84	no data**

\*\*must complete the event, but no time standard has been established

### **Enrollment procedures related to the fitness testing:**

To gain enrollment in a recruit training program, the following documents need to be submitted pursuant to the requirements of the academy. For MPTC recruit academies, the cutoff for applications is forty-five (45) days prior to the start of the training, with completed application packets due before Orientation. This allows for timely administration of the physical fitness testing and any needed retesting. A complete application packet includes these documents:

- A valid HRD medical examination
  - To be valid, the examination must be conducted pursuant to HRD requirements and completed within nine (9) months of the start of the training.
- A valid HRD PAT
  - To be valid, the test must be successfully completed within nine (9) months of the start of the training.
- A completed MPTC application (can be submitted any time after the HRD medical and PAT have been successfully completed)
- A letter of appointment to a fulltime position, if applicable (not required for self-sponsored candidates and for some MPTC-authorized training academies)

### **Testing protocols:**

Ideally, departments will conduct assessments utilizing these four events during their respective hiring processes and use the results to inform conditional offers of employment.

The events will be conducted by trained academy staff at least 30 days prior to the start of the training and will be strictly pass/fail. The applicant must pass all four (4) of the events enumerated above to be eligible to be enrolled in the recruit training class.

If a student does not pass the fitness test, the student will be offered a retest within two (2) weeks of the start of the scheduled police academy and must participate in and successfully pass all four (4) events during the retest. If all four (4) of the events are not passed during the retest, the applicant will not be admitted into the scheduled police academy.

If a department has a student officer candidate who does not successfully pass the initial fitness test that is conducted during the academy Orientation or testing day, the department shall have the option of including an alternate candidate at the scheduled retest (to be held within two weeks of the start date of the scheduled academy), even if the department opts to continue with the initial candidate's enrollment.

In other words, if the initial candidate fails to pass all four (4) events at academy Orientation, the department can opt to have that particular candidate retested within two weeks of the start date of the academy, or the department can opt to withdraw the candidate. In *either* case, the department will be permitted to send a second candidate who is adequately prepared for enrollment (see below) to also participate in the testing. If the initial candidate fails a second time or if the initial candidate has been withdrawn, the alternate candidate will be enrolled instead *if* the alternate candidate successfully passes all four (4) events of the fitness testing.

If the retest is not passed by either the initial candidate or the alternate candidate, the department will forfeit the seat in the academy and any registration fees will be refunded in full.

For an alternate candidate to be admitted to the retest and be enrolled, all entry-level registration requirements must also be met prior to the retest being administered:

- A valid HRD medical examination
- A valid HRD PAT
- A completed MPTC application
- A letter of appointment to a fulltime position, if applicable