

# SPRINGFIELD POLICE DEPARTMENT

## Standard Operating Guideline

<b>Effective Date:</b> 10/15/2014	<b>Supersedes Policy Dated:</b> 06/30/2011	<b>Rescinds:</b>	<b>SOG Number:</b>  <b>201.5</b>
<b>Accreditation Index:</b> 22.2.2			
<b>Part Title:</b> Personnel		<b>Chapter Title:</b> Recruitment and Selection	
<b>Chief of Police:</b>			

## Physical Fitness Assessment Program

### I Policy

The Department Physical Fitness Assessment Program is a multi-purpose instrument designed to provide the following benefits to the department and individual sworn employees: (CALEA 22.2.2)

- 1 Provide a timed score in performance events to determine if minimum physical fitness standards are met for in-service officers, with respect to essential functions of the job of police officer.
- 2 Provide standard fitness criteria for academy participation and compliance with fitness requirements.
- 3 Provide a physical fitness evaluation for the employee and a basis for any necessary recommendations or counseling.
- 4 Provide data for the Physical Fitness Coordinator to track and evaluate individual and group fitness norms within the department.
- 5 Participation in the assessment for officers is mandatory. <sup>1</sup>

### II Definitions

### III Procedure

- 1 The Department Physical Fitness Assessment will be administered by a certified Physical Fitness Coordinator (I.A.R., A.C.S.M. or other provider).

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<sup>1</sup> Policy Statement Section 5 revised, participation in the physical fitness assessment of officers is now mandatory, per Policy Change Order 14-059, Effective Date 10/15/2014.

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- 2 Prior to participation in the Physical Agility Test/Obstacle Course, standard pre-screening information will be obtained and evaluated for any health risk factors by the Physical Fitness Coordinator. This will include:<sup>2</sup>
  - 2.1 Age
  - 2.2 Sex
  - 2.3 Height
  - 2.4 Weight
  - 2.5 Body Composition
  - 2.6 Existing Medical Conditions
    - 2.6.1 Medical conditions that could be detrimental or jeopardize the employee during the performance of the physical activity phase.
  
- 3 Upon receiving clearance from the Physical Fitness Coordinator, the employee will proceed with the performance phase of the physical fitness assessment. (CALEA 22.2.2)
  - 3.1 All participating sworn personnel will be assessed using a Physical Agility Test/Obstacle Course. This course consists of a 1/2 mile run and successful completion of 10 stations/tasks that are located within the course.
    - 3.1.1 This course will be timed and consist of the following stations:
      - 3.1.1(a) 100 meter sprint;
      - 3.1.1(b) Vehicle push;
      - 3.1.1(c) Jump box;
      - 3.1.1(d) 6 foot wall climb;
      - 3.1.1(e) 3 foot wall climb;
      - 3.1.1(f) Window climb;
      - 3.1.1(g) Dummy drag;
      - 3.1.1(h) Subject resistance station;
      - 3.1.1(i) Stair climb;
      - 3.1.1(j) Trigger pull.
    - 3.1.2 All sworn personnel are encouraged to complete the timed course in less than 5 minutes and 54 seconds.
  - 3.2 Full physical fitness assessments will be administered to Police Recruits at the beginning and end of the Academy.
    - 3.2.1 Other interim event specific fitness tests may be given for evaluation

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2 Section 2 revised, identified the Physical Agility Test/Obstacle Course as the activity of the assessment program. Sections previously numbered 2.5, 2.6 and 2.9 pertaining to resting heart rate, resting blood pressure and tobacco usage were deleted, remaining sections renumbered as necessary. Per Policy Change Order 14-059, Effective Date 10/15/2014.

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- purposes during the academy.
- 3.2.2 Police Recruits are required to pass the Academy Exit Physical Agility /Obstacle Course.
    - 3.2.2(a) Police Recruits must complete the course in under 5 minutes and 54 seconds.
    - 3.2.2(b) Police Recruits who complete the course in the allotted time have met the required standards for performing essential physical functions of a law enforcement officer.
    - 3.2.2(c) Police Recruits who are unable to complete the course in the allotted time have failed to meet the required standards for performing essential physical functions of a law enforcement officer.
- 4 [The Physical Fitness Assessment form, SPD Form # 01-SP-0382](#) will be used in the academy to record the results of each recruit's assessment.<sup>3</sup>
- 4.1 Upon completion, the recruit and the Physical Fitness Coordinator will each sign the form indicating knowledge of the results. The recruit will receive a copy of the form and the original will be filed in a locked confidential storage unit in the Physical Fitness Coordinator's office.<sup>4</sup>

## **IV Attachments**

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3 Section 4 revised, changed when the Physical Fitness Assessment form, SPD Form # 12-SP-0382 will be used, per Policy Change Order 14-059, Effective Date 10/15/2014.

4 Section 4.1 revised, changed employee to recruit, per Policy Change Order 14-059, Effective Date 10/15/2014.