

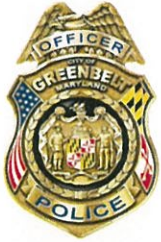
GREENBELT POLICE DEPARTMENT PRE-EMPLOYMENT PHYSICAL FITNESS SCREENING

As part of the pre-employment screening process, you will be required to participate in a physical fitness agility test to determine your qualifications for the position for which you have applied. This test is mandatory for all Police Officer and Cadet applicants. It is the intent of the Greenbelt Police Department to require all newly-hired police officers and cadets to successfully complete this fitness test on an annual basis.

Attached you will find a packet of information which describes the physical fitness screening test as it was approved by the Maryland Chiefs of Police Association. The Greenbelt Police Department will be administering this same test.

The testing criteria can be located within this packet of information, as well as the relevance of the test to the essential tasks of the job for which you have applied. Also located are guidelines which will help you to prepare for the test. *Please retain this packet for future reference.* A General Waiver of Liability form is attached. The form will also be made available on the day of testing for you to sign if needed.

Questions or concerns can be forwarded to the Human Resources Office at 301-345-7203.



Greenbelt Police Department

Pre-Employment Physical Fitness Test

Push-ups (1 min)	Sit-ups (1 min)	Sit and Reach	1.5 Mile Run
23	32	16"	15:26

****All Candidates must meet the minimum requirements listed above in all phases.****

PREPARING FOR THE TEST:

You should consult with a physician prior to commencing any physical exercise routine.

PREPARING FOR THE PUSH-UPS TEST - To increase muscular endurance, do as many standard push-ups as possible in one minute. At least three times per week, perform three sets of the total number of repetitions you did in one minute.

PREPARING FOR THE SIT-UP TEST - To increase your muscular endurance, do as many bent leg sit-ups (hands across your chest to opposite shoulders with someone holding your feet) as possible in one minute. At least three times per week, perform three sets of the total number of repetitions you did in one minute.

PREPARING FOR THE FLEXIBILITY TEST - Performing the following exercises daily will increase flexibility. a. Sit and Reach - Do five repetitions of the exercise. Sit on the ground with your legs straight. Slowly bend forward at the waist and extend your fingertips toward your toes while keeping your legs straight and hold for ten seconds. b. Towel Stretch - Sit on the ground with your legs straight. Wrap a towel around the bottom of your feet holding the ends of the towel extending your torso toward your toes and hold for ten seconds.

PREPARING FOR THE 1.5 MILE RUN (Cardiovascular Capacity) TEST - Below is a gradual schedule that would enable you to perform a maximum effort for the 1.5 mile run. If you can complete the distance in less time, you are encouraged to do so.

PRE-EMPLOYMENT PHYSICAL FITNESS TEST BATTERY

Minimum Scores for Employment as a Law Enforcement Officer in the State of Maryland (Scores Indicate 40th Percentile of Fitness)

SIT-UP MUSCULAR ENDURANCE -- The score is the number of bent-leg sit-ups performed in one minute.

FLEX FLEXIBILITY -- The sit-and-reach test measures the range of motion of the lower back and hamstrings. The test involves stretching out to touch the toes and beyond with extended arms from the sitting position. The score is in inches reached on a yardstick, with the 15" mark being at the toes.

PUSH UPS ABSOLUTE STRENGTH – The score is completed by doing push-ups in a minute according to age and sex.

1.5 MI RUN CARDIOVASCULAR CAPACITY – 1.5 mile run. The score is in minutes : seconds.

RELEVANCE OF TEST ITEMS TO ESSENTIAL TASKS

The four elements of the test battery are designed to establish physical capacity to participate in recruit level training and perform the essential tasks of entry-level law enforcement. They are not simulations, but rather assessments of the candidate's capacity to learn and perform essential physical tasks.

The following represents the specific relationship between the test element and the essential task(s) which validate its use.

SIT-UPS / MUSCULAR ENDURANCE

Essential Tasks:

- Use of Force
- Lifting, Carrying, Holding, Restraining
- Running at Full Speed

FLEX / FLEXIBILITY

Essential Tasks:

- Pursuit of suspects with obstacles and changes of direction.
- Lifting, Carrying, Holding, Restraining

SIT-UPS / ABSOLUTE STRENGTH

Essential Tasks:

- Lifting, Carrying Persons
- Restraining Struggling Persons

1.5 MILE RUN / CARDIOVASCULAR CAPACITY

Essential Tasks:

- Use of Force beyond two minutes
- Pursuit
- Running Upstairs
- Providing CPR

In short, after an evaluation of serving personnel, our recommendation is that if the candidate does not score at the 40th percentile of fitness (less than fair fitness at a minimum), he/she should not be hired because his/her capacity to learn and perform these tasks safely is hindered.

The test battery which has been described herein should be performed only as a pass/fail screening device. Once a candidate passes the elements according to the scores stated on the Pre-Employment Physical Fitness Test Battery, the remaining elements of the local selection process may be applied.

HOW TO PREPARE FOR THE TESTS

PREPARING FOR THE MUSCULAR ENDURANCE TEST:

The progressive routine is to do as many bent-leg sit-ups (hands behind the head with someone holding your feet) as possible in one minute. At least three (3) times per week, do three (3) sets (three (3) groups of the number of repetitions you did in one (1) minute).

PREPARING FOR THE FLEXIBILITY TEST:

Performing sitting types of stretching exercises daily will increase this area. There are two recommended exercises:

- Sit-and-Reach – Do five (5) repetitions of the exercise. Sit on the ground with legs straight. Slowly extend forward at the waist and extend the fingertips toward the toes while keeping the legs straight. Hold for ten (10) seconds.

- Towel stretch – Sit on the ground with the legs straight. Wrap a towel around the feet holding the ends with each hand. Lean forward and pull gently on the towel, extending the torso toward the toes.

PREPARING FOR THE ABSOLUTE STRENGTH TEST:

- If you have access to weights, determine the maximum weight that you can bench press one time. Take 60% of that poundage. This will be your training weight. You should be able to do 8-10 repetitions of that training weight. Do three (3) sets of 8-10 repetitions, adding 2 ½ - 5 pounds every week.
- If you do not have access to weights, then the push-up exercise can be used. Determine how many push-ups you can do in one minute. At least three (3) times per week, do three (3) sets of the amount you can do in one minute.

PREPARING FOR THE CARDIOVASCULAR CAPACITY TEST:

Below is a gradual schedule that would enable you to perform a maximum effort for the 1.5 mile run. If you can advance the schedule on a weekly basis, then proceed to the next level. If you can do the distance in less then then that is encouraged.

WEEK	ACTIVITY	DISTANCE (Miles)	TIME (Minutes)	FREQUENCY (per Week)
1	Walk	1	17-20	5
2	Walk	1.5	25-29	5
3	Walk	2	32-35	5
4	Walk	2	28-30	5
5	Walk/Jog	2	27	5
6	Walk/Jog	2	26	5
7	Walk/Jog	2	25	5
8	Walk/Jog	2	24	4
9	Jog	2	23	4
10	Jog	2	22	4
11	Jog	2	21	4
12	Jog	2	20	4

Greenbelt Police Department
Pre-Employment Physical Fitness Screening

GENERAL WAIVER of LIABILITY

I, _____, of _____
(Name) (Address)

Do hereby release, hold harmless and forever discharge the City of Greenbelt, its agencies, employees, successors and assigns from all debts, claims, demands, damages, actions and causes of action whatsoever which I now have or may hereafter have and which may arise by reason of my voluntary participation in the Greenbelt Police Department Pre-Employment Physical Screening process. I understand and agree that there is a risk of becoming hurt or injured while I am participating in this process. I further understand and agree that I was provided advance documentation which fully describes the screening process, and that the physical activities involved require a certain level of strength and physical conditioning. I additionally agree that I have read and understand the list of instructions designed to assist me in preparing for the test which was provided to me in advance of the test. I certify that I have educated myself concerning the nature of this testing process, and that I was provided adequate time to prepare for such test.

I understand that this test is designed to determine my abilities to perform the essential job functions of a police officer as recommended by the Maryland Chiefs of Police Association. I have had the opportunity to consult with a physician of my choice regarding my participation in this process, and on sound medical advice, and/or of my own free will, have decided to participate and accept the liability for any and all injuries or damages I may incur as a result of the process.

I do agree to hold harmless the City of Greenbelt, its agencies, employees, successors and assigns for any injury or damage resulting by reason of the privilege permitted me to participate in this process. **I certify that I have reviewed this document, and with full and complete understanding, do agree to its terms and conditions.**

In Witness thereof, I set my hand and seal this _____ day of _____, 20_____.
(This form should not be signed unless you are in the presence of a Notary Public)

(Applicant Signature)

Subscribed and sworn before me this _____ day of _____, 20_____.

My commission expires _____/_____/_____

(Notary Public)