

ANNAPOLIS POLICE DEPARTMENT
PHYSICAL ABILITY BOOKLET

The application process includes a five part physical ability test. Below is a list of all five parts. **This is a PASS / FAIL test. Failure of any one part of the test is a disqualification.** You should wear athletic attire appropriate for the listed activities.

Pre-Employment Physical Ability Test

Description of Tasks:

- **Sit-ups** – Assume a reclining position, legs extended and slightly bent, arms folded on chest. Sit up to a full upright position so that the upper torso of the body is now vertical. Return to the original reclining position until the shoulder blades touch the floor for one repetition. The score is the number of sit-ups performed in one minute.

- **Flex** – 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 a sitting position. The score is measured in inches, with the 15” mark being at the toes.

- **Bench** – One repetition maximum bench press, using free weights. The score is a ratio of the weight pressed divided by your body weight.

- **1.5 Mile Run** – The time of a mile and a half run.

- **Trigger/Slide Pull** – The minimum score is for both male and female applicants, regardless of age. The weapon used for testing is the Beretta 92f. The trigger must be pulled at least 30 times with the strong hand in 45 seconds. The trigger must also be pulled at least 20 times with the weak hand in 45 seconds. The slide must be pulled at least 5 times in 20 seconds with the strong hand. The slide must also be pulled at least 5 times in 20 seconds with the weak hand.

- **Visual Standards** – All applicants must have vision correctable to 20/20.

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Minimum Passing Scores:

For Males:

Age	Sit-ups	Flex	Bench	1.5 Mile Run
20-29	38	16.5 inches	99%	12:51
30-39	35	15.5	88%	13:36
40-49	29	14.3	80%	14:29
50-59	24	13.3	71%	15:26

For Females:

Age	Sit-ups	Flex	Bench	1.5 Mile Run
20-29	32	19.3 inches	59%	15:26
30-39	25	18.3	53%	15:57
40-49	20	17.3	50%	16:58
50-59	14	16.8	44%	17:54

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How to prepare for the tests:

Sit-ups: The progressive routine is to do as many bent-leg sit-ups (arms folded across chest with someone holding your feet) as possible in one minute. Do at least three sets three times a week.

Flex: Perform sitting types of stretching exercises daily to increase your flexibility. There are two recommended exercises:

Sit and reach: Sit on the ground with your legs straight. Slowly bend forward at the waist and extend the fingertips toward the toes while keeping the legs straight. Hold for ten seconds. Do five repetitions of this exercise.

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

Bench: If you have access to weights, determine the maximum weight that you can bench press one time. Take 60% of that amount. This will be your training weight. You should be able to do 8-10 repetitions of that training weight. Do three sets of 8-10 repetitions, adding 2 ½ - 5 pounds every week.

If you do not have access to weights, then do as many push-ups as possible in one minute. At least three times a week, do three sets of push-ups. (A set would consist of the number of repetitions you did in one minute.)

1.5 Mile Run: 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 time, it is encouraged to do so.

<u>Week</u>	<u>Activity</u>	<u>Distance</u>	<u>Time</u>	<u>Frequency</u>
1	Walk	1.5 miles	25-59 min	5x
2	Walk	2 miles	28-30 min	5x
3	Walk/Jog	2 miles	26 min	5x
4	Walk/Jog	2 miles	24 min	4x
5	Jog	2 miles	22 min	4x
6	Jog	2 miles	20 min	4x

Begin your exercise immediately!!
Do not wait until the day before the test!!

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Legal Waiver Form

I, _____, do hereby freely participate in the physical ability testing as part of my application for employment with the Annapolis Police Department. I agree to indemnify and hold harmless the person who conducts the testing, the facility where the testing is held, their agents and employees, from and against any and all claims, damages, losses, and expenses, including reasonable attorney's fees arising out of or by reason of my participation in this testing program.

Signature: _____

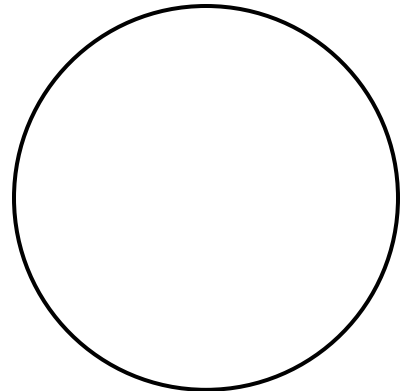
Notary: _____

Printed Name: _____

Date: _____

Address: _____

Commission Expiration: _____



Notary Seal

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Doctor's Certification of Fitness to Perform Physical Ability Test

I have reviewed the attached five elements of the Annapolis Police Department Physical Ability Test and find that the applicant identified below (circle one)

CAN CAN NOT

perform the elements of the test safely.

Applicant's Name: _____

Agency to which
application is made: _____

Date of doctor's examination: _____
(this certification expires six months from date of exam)

Doctor's Signature: _____

Doctor's Printed Name: _____

Address and Phone Number: _____

This form will expire six months from the date of examination. Upon expiration, a new certification for must be completed before any further processing can be done.

***** IMPORTANT *****

You must bring this form with you when you report for the Physical Ability Test. Without this form, you WILL NOT be tested.