



RHODE ISLAND CAPITOL POLICE 2014 RECRUITMENT



PHYSICAL FITNESS TEST FOR THE POSITION OF CAPITOL POLICE OFFICER

Each Physical Fitness Test event examines a specific area of physical fitness. These specific areas include: *Explosive Power, Dynamic Strength, Anaerobic Power* and *Aerobic Power*. The Physical Fitness Test is comprised of five (5) test event. Candidates must pass each event to continue in the recruit selection process. These events are listed as follows:

| <i>TEST EVENTS</i> | <i>MEASUREMENTS</i> |
|--------------------|---------------------|
| 1) Vertical Jump | Explosive Power |
| 2) Sit Up | Dynamic Strength |
| 3) 300 Meter Run | Anaerobic Power |
| 4) Push Up | Dynamic Strength |
| 5) 1.5 Mile Run | Aerobic Power |

The Rhode Island Capitol Police requires each candidate to provide a **Fitness Test Medical Certificate** showing that he/she can participate in the physical fitness test. Each candidate is required to bring the enclosed **Physical Fitness Test Medical Certificate** (page 3), along with the **Minimum Physical Fitness Standards Sheet** (pages 4-5), and the **Fitness Test Procedure Sheet** (pages 6-10) to his/her physician.

The Fitness Test Medical Certificate must be completed by your physician within **sixty (60) days of your physical fitness test date**. This certificate must be presented at the test site on your assigned test date. Failure to present this certificate will exclude you from taking the physical fitness test and further participation in the recruit selection process.

YOU MUST PRESENT THIS COMPLETED FORM AT THE PHYSICAL FITNESS TEST

PHYSICAL FITNESS TEST MEDICAL CERTIFICATE

Dear Physician:

The following named individual has submitted an application to become a Rhode Island Capitol Police Officer: **(To Be Completed by Candidate)**

NAME: _____

ADDRESS: _____

The Rhode Island Capitol Police requires each candidate to bring a completed Physical Fitness Test Medical Certificate to the physical fitness test before he/she will be allowed to participate in this test. A statement must be obtained from a licensed physician that the candidate is of sufficient physical conditioning to undergo a physical fitness test.

Enclosed in this package are a listing and description of the individual events (pages 6-10) and the minimum physical fitness standards (pages 4-5) a candidate must attain. We ask that your evaluation be based upon these criteria. In the event this candidate successfully completes this physical fitness test, a medical examination (Post Conditional Offer of Employment) must be conducted by the candidate's physician, at the candidate's expense, prior to appointment. Thank you for your assistance.

PHYSICIAN'S STATEMENT

I have examined the above-named individual on _____.
(Date)

***Within sixty (60) days of the physical fitness test date.**

After reviewing each of the five (5) events, I find him/her to be of sufficient physical conditioning to allow the candidate to participate in the Department's physical fitness test.

COMMENTS (if any): _____

Physician's Signature

Please Type or Print:

Physician's Name: _____

Address: _____

Telephone Number: _____



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MINIMUM PHYSICAL FITNESS STANDARDS FOR MALES

| <i>MALES 18 - 29</i> | | <i>MALES 30 - 39</i> | |
|----------------------|-------|----------------------|-------|
| Vertical Jump | 20.0 | Vertical Jump | 18.6 |
| Sit Ups | 38 | Sit Ups | 35 |
| 300 Meter Run | 59.0 | 300 Meter Run | 58.9 |
| Push Ups | 29 | Push Ups | 24 |
| 1.5 Mile Run | 12:38 | 1.5 Mile Run | 12:58 |

| <i>MALES 40 - 49</i> | | <i>MALES 50 +</i> | |
|----------------------|-------|-------------------|-------|
| Vertical Jump | 15.5 | Vertical Jump | 13.5 |
| Sit Ups | 29 | Sit Ups | 24 |
| 300 Meter Run | 72.0 | 300 Meter Run | 83.2 |
| Push Ups | 18 | Push Ups | 13 |
| 1.5 Mile Run | 13:50 | 1.5 Mile Run | 15:06 |

- Candidates are tested at the 40th percentile using the Cooper Institute of Aerobic Research standards.



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MINIMUM PHYSICAL FITNESS STANDARDS FOR FEMALES

| <i>FEMALES 18 - 29</i> | | <i>FEMALES 30 - 39</i> | |
|------------------------|-------|------------------------|-------|
| Vertical Jump | 14.0 | Vertical Jump | 12.0 |
| Sit Ups | 32 | Sit Ups | 25 |
| 300 Meter Run | 71.0 | 300 Meter Run | 79.0 |
| Push Ups | 15 | Push Ups | 11 |
| 1.5 Mile Run | 14:50 | 1.5 Mile Run | 15:43 |

| <i>FEMALES 40 - 49</i> | | <i>FEMALES 50 +</i> | |
|------------------------|-------|---------------------|-------|
| Vertical Jump | 9.6 | Vertical Jump | N/A |
| Sit Ups | 20 | Sit Ups | 14 |
| 300 Meter Run | 94.0 | 300 Meter Run | N/A |
| Push Ups | 9 | Push Ups | N/A |
| 1.5 Mile Run | 16:31 | 1.5 Mile Run | 18:18 |

- Candidates are tested at the 40th percentile using the Cooper Institute of Aerobic Research standards.

DYNAMIC STRENGTH TEST

I. ONE MINUTE SIT UP:

A. *Objective:* To measure the muscular endurance of the abdominal and hip flexor muscles.

B. *Procedure:*

- 1) Candidates must lie on their backs; knees bent, with fingers interlocked behind the head, heels flat on the floor.
- 2) Testers will hold their feet down.
- 3) Heels will be approximately the distance between the candidate's outstretched thumb and small finger from the buttocks.
- 4) From the "down" starting position on back, candidates will raise their upper bodies; fingers interlocked behind head, and touch their elbows to their knees at the "up" ending position.
- 5) Candidates will then lower themselves until their shoulder blades touch the mat.
- 6) This will be considered one (1) sit up.
- 7) A sit up will not count if:
 - a) The fingers are not interlocked and the hands do not remain in contact with the back of the head at all times.
 - b) The elbows do not touch the knees.
 - c) The shoulder blades do not come all the way down to the mat.
- 8) At the completion of this test, the tester will inform the candidates how many sit-ups were correctly completed.
- 9) Candidates may rest only in the "up" position.
- 10) The candidate score will be the total number of correct sit-ups completed in one (1) minute.

II. ONE MINUTE PUSH UP:

A. *Objective:* This test measures the muscular endurance of the upper body (anterior deltoid, pectorals, and triceps).

B. *Procedure:*

- 1) The hands are placed slightly wider than shoulder width apart, with fingers pointed forward. The administrator places one fist on the floor below the candidate's chest. If a male is testing a female, a 3-inch sponge should be placed under the sternum to substitute for the fist.
- 2) Starting from the up position (elbows extended), the candidate must keep the back straight at all times and lower body to the floor until the chest touches the administrator's fist. The candidate then returns to the up position. This is one repetition.
- 3) Resting should be done only in the up position.
- 4) The candidate's score will be the total number of correct push-ups completed in one (1) minute.

AEROBIC POWER TEST

I. 1.5 MILE RUN:

A. *Objective:* To measure the efficiency of the cardiovascular system and how it responds to imposed physical demand.

B. *Procedure:*

- 1) Candidates will be allowed to warm-up and stretch prior to this test.
- 2) Candidates will run or jog a distance of 1.5 miles in the shortest time possible. Prior to the test, candidates should practice the 1.5 mile run several times to determine the best individual pace for the entire distance.
- 3) A group of candidates will run at the same time. Candidates may choose to walk or jog if they so desire. However, this event is an individual effort. All scores are individually recorded.

ANAEROBIC POWER TEST

I. 300 METER RUN:

A. *Objective:* Measure recruits anaerobic power capacity.

B. *Procedure:*

- 1) Candidates will be allowed to warm-up and stretch prior to this test.
- 2) Candidates will run a distance of 300 meters at a maximal level of effort. The time used to complete the distance will be recorded in seconds.

II. VERTICAL JUMP:

A. *Objective:* This is a measure of muscular explosiveness or strength of the candidate's legs.

B. *Procedure:*

- 1) Candidates stand with one side toward the wall and reaches up as high as possible to mark his/her standard reach.
- 2) Candidates jump as high as possible and marks the spot on the wall above his/her standard reach mark. Prior to jumping, one foot must remain stationary on the floor.
- 3) Score is the total inches, to the nearest $\frac{1}{2}$ inch.
- 4) The best of three trials is the score.

CONCLUSION

A physically fit recruit will have the ability to carry out daily tasks with vigor and alertness without undue fatigue and with ample energy and strength to meet the above-average physical demands.

It is important that you review this booklet in its entirety before taking the physical fitness test. In addition to the information outlined in this booklet, you will be given an orientation session at the physical fitness test site.