

Dublin Police Department

Pre-Employment Physical Fitness Assessment

Name of Candidate (print) _____

Date of Assessment _____

During any of the following exercises, if the candidate experiences any injuries or feels as though they can't continue, they must stop immediately and inform the Instructor. Medical assistance will be notified if needed. Documentation of the injury and or complaint will be completed by the Instructor as well as the candidate. Each activity is counted as a separate activity and the candidate must pass each to complete. If the applicant candidate does not successfully, complete each assessment, there must be a 30-day waiting period before a re-test can be attempted.

***The candidate must read and sign the following acknowledgement prior to any activity.**

I, (print name) _____ hereby acknowledge that I expect nothing other than the opportunity to seek employment with the Dublin Police Department. I understand that Police Work is a strenuous and stressful job with elevated risk. I shall adhere to and practice all safety directives and admonitions as directed. It is further understood that I hold harmless The City of Dublin, Dublin Police Department or any of its employees thereof of any injuries or death that may occur as a result of my participation in this assessment.

Candidate's signature _____ Date: _____

Instructor; _____

Sit-Ups

This is a measure of the muscular endurance of the abdominal (core) muscles. It is an important area for performing tasks that may involve the use of force and is an important area for maintaining good posture and minimizing lower back problems. The score is in the number of correct sit-ups completed in one minute. The minimum that is required is **30**. This test should be performed on a mat or carpet surface.

- a. The subject starts by lying on their back, knees bent, and heels flat on the floor. Hands are placed on the side of the head or on the chest just under the chin.
- b. A partner holds the feet down.



- c. The subject then performs as many correct sit-ups as possible in one minute. (Minimum of 30)
- d. In the up position, the individual should touch his elbows to his knees or upper legs and then return to a lying position before starting the next sit up. Resting is done in the up position not lying on the floor.



Rest Position

- e. The subject should not raise the buttocks from the ground and when returning to the down position the shoulder blades should touch the ground.
- f. Score is total number of correct sit-ups in 1 minute

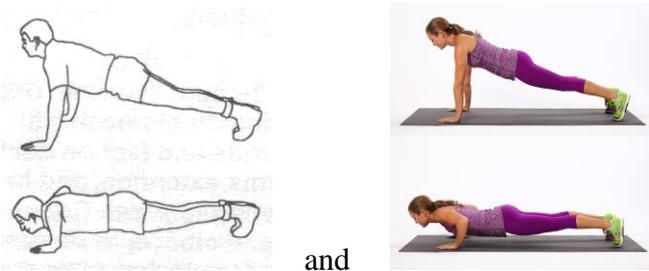


number of correct sit-ups	<input type="text"/>
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Push Ups

This is a measure of the muscular endurance of the upper body extension. It is important for use of force involving pushing motion. The score is the number of correct push-ups completed in one minute. The minimum that is required is 25.

- a. The subject starts in front, lean and rest position. Hands are shoulder width apart.
- b. The subject lowers self until the elbows lock out with the upper arm parallel to the ground in the down position.
- c. The back must be kept straight at all times
- d. The subject can rest in the up position



and

Number of correct push-ups	
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1.5 Mile Run

This exercise is a measure of cardiovascular endurance or aerobic power. This is a timed event and must be completed under 20:00 minutes.

- a. Have subjects warm up
- b. Subjects should be instructed to cover the distance as fast as possible
- c. At the command "GO" time is started.
- d. Score is time to run the course
- e. A cool down is required after running

Lap #1	lap #2	lap #3	lap #4	lap #5	lap #6

Lift and Carry

This exercise is a measure of strength and endurance; it is not a timed event. Once the candidate lifts the weight it cannot be put down until they cross the finish line. The candidate will lift a 125-pound weight from the ground and carry it nonstop for 120 feet.

Candidate (125 lbs @ 120 ft)

Pass	Fail
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Pull and Drag

The candidate will adjust his hand hold on the dummy by reaching under the arms of the dummy and wrapping his arms around the dummy's chest, lifting him in the upright position and drag the dummy for a distance of 120 feet.

Candidate (drag dummy @ 120 ft)

Pass	Fail

Revised: May 15, 2017

Approved by: Chief Tim Chatman