

## Physical Fitness Standards Testing

Fort Collins Police Services has made a commitment to the total fitness of its law enforcement personnel in order to ensure physical readiness. Irrespective of age or gender, the standards are the same for all participants.

Components of the test:	Minimum Standards:
<ul style="list-style-type: none"><li>• <b>Vertical Jump</b> - This measures leg power. The test measures how high you can jump from a standing position while meeting and/or exceeding the minimum standards.</li></ul>	<ul style="list-style-type: none"><li>• 17 inches</li></ul>
<ul style="list-style-type: none"><li>• <b>Bench Press</b> - This measures the absolute strength of the upper body. The test consists of lying on a bench and pushing up as much weight as you can one time while meeting and/or exceeding the minimum standards.</li></ul>	<ul style="list-style-type: none"><li>• Push 66% of body weight or 115 lbs.</li></ul>
<ul style="list-style-type: none"><li>• <b>Agility Run</b> - This measures ability to change direction while sprinting. The test consists of sprinting and dodging around obstacles as fast as possible over a 180 foot course while meeting and/or exceeding the minimum standards.</li></ul>	<ul style="list-style-type: none"><li>• 19.5 seconds</li></ul>
<ul style="list-style-type: none"><li>• <b>Sit Ups</b> - This measures the abdominal or trunk muscular endurance. The test consists of doing as many bent leg sit ups as you can in one minute while meeting and/or exceeding the minimum standards.</li></ul>	<ul style="list-style-type: none"><li>• 35 sit ups</li></ul>
<ul style="list-style-type: none"><li>• <b>300 Meter Run</b> - This measures anaerobic power or the ability to make intense bursts of effort for a short time period or distance. The test consists of sprinting 300 meters as fast as possible while meeting and/or exceeding the minimum standards.</li></ul>	<ul style="list-style-type: none"><li>• 64 seconds</li></ul>
<ul style="list-style-type: none"><li>• <b>Push ups</b> - This measures the muscular endurance of the upper body. The test consists of doing as many push ups as possible while meeting and/or exceeding the minimum standards.</li></ul>	<ul style="list-style-type: none"><li>• 16 push ups</li></ul>
<ul style="list-style-type: none"><li>• <b>1.5 Mile Run</b> - This measures aerobic power or cardiovascular endurance (the ability to have stamina over time). The test consists of running 1.5 miles as fast as possible while meeting and/or exceeding the minimum standards.</li></ul>	<ul style="list-style-type: none"><li>• 15:48 minutes</li></ul>

This is a Pass/Fail test and will determine if you will continue on in the hiring process.

You must sign a waiver to participate in this test. The waiver is to be brought with you to testing. Testing is at your own risk. Please bring photo identification (preferably a valid driver's license) with you. See attached for a copy of the waiver.

This testing may take up to 3 hours to complete. Please wear appropriate physical fitness attire to include proper footwear. You may bring water and snacks with you to the testing. In case of inclement weather bring appropriate clothing.