

Physical Fitness Standards Testing

Revised

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
Vertical Jump - This measures leg power. The test measures how high you can jump from a standing position while meeting and/or exceeding the minimum standards.	<ul style="list-style-type: none">• 17 Inches
Agility Run - 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.	<ul style="list-style-type: none">• 19.5 seconds
Sit Ups - 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	<ul style="list-style-type: none">• 35 sit ups
300 Meter Run -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.	<ul style="list-style-type: none">• 64 seconds
Push ups - 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.	<ul style="list-style-type: none">• 16 push ups
1.5 Mile Run - 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.	<ul style="list-style-type: none">• 15:48 minutes

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.