



DEPARTMENT OF PUBLIC SAFETY
DIVISION OF POLICE

New Castle County Police
Professional Development Section
3601 N. DuPont Highway
New Castle, DE 19720
(302) 366-7938 or (302) 395-8140

FITNESS SCREENING FOR NEW CASTLE COUNTY POLICE OFFICER APPLICANTS

All applicants for the position of Police Officer with New Castle County Government must complete the fitness screening as described herein. This packet contains the information and form needed for the physical fitness portion of the NCC Police selection process. You will be notified of the date, time and location of the physical fitness assessment. This evaluation will take approximately three (3) hours and will be conducted by the New Castle County Police Department Professional Development Unit.

Read this entire document carefully in order to fully understand and prepare for your screening. The performance by each applicant for all tests will be compared to single standard norms based on the Council on Police Training (COPT) standards. Percentile rankings will be calculated for each – please see the Fitness Test Standards on the following pages.

Included are:

- Physical Fitness Assessment Information and Fitness Test Standards
- *Physician Authorization Form

***The Physician Authorization Form is required to be completed and signed by a physician in order to participate in the Physical Fitness Assessment.**

If you have any questions, please contact the New Castle County Police Academy at (302) 366-7938.

PHYSICAL FITNESS ASSESSMENT INFORMATION AND FITNESS TEST STANDARDS

Applicants will be evaluated on the following:

AEROBIC CAPACITY: 1.5 Mile Run

Applicant is timed for 1.5 mile run on a running track or flat, measured surface. Applicants who display physical difficulties through the duration of the timed run will be removed from the exercise. To prepare for this test, it is recommended that you run at least 1.5 miles on a routine basis (at least four times per week).

STRENGTH: Push-Ups (As many push-ups as possible in one minute)

Hands placed slightly wider than shoulder width apart, with fingers pointing forward. The administrator places one fist on the floor below the subject's chest. Starting from the up position (elbows extended), the applicant must keep the back straight at all times and lower the body to the floor until the chest touches the administrator's fist. The applicant then returns to the up position. The applicant must reach full extension to complete one repetition. Pausing in the up position is permitted. To prepare for this test, it is recommended that you perform 30-40 push-ups on a routine basis (at least four times per week).

ENDURANCE: Sit-Ups (As many sit-ups as possible in one minute)

The applicant will begin by lying on his/her back, knees bent, heels flat on the floor, with the fingers laced and held behind the head. Avoid pulling on the head with the hands. The buttocks must remain on the floor with no thrusting of the hips. The administrator will hold the applicants feet down firmly. In the up position, the individual should touch elbows to knees and then return until the shoulder blades touch the floor. Any resting should be done in the up position. To prepare for this test, we recommend that you perform 30-40 sit-ups in a one-minute period on a routine basis (at least four times per week).

EXPLOSIVE POWER: Vertical Jump

Applicant stands with one side toward the wall or similar testing and will reach up as high as possible to mark his/her standard reach on the device. Applicant jumps as high as possible and marks the spot on the device above his/her standard reach mark. Prior to jump, one foot must remain stationary on the floor. Score is the difference between the standard reach and the top of the jump mark, to the nearest ½ inch. The best of three trials is the score. To prepare for this test, it is recommended that you perform several vertical jumps on a routine basis (at least four times per week).

ANAEROBIC POWER: 300 Meter Run

Applicant will complete the run using a 400 meter running track or equivalent flat surface that provides good traction. If using a 400 meter running track the applicant will run $\frac{3}{4}$ of 1 lap at a maximal level of effort. Time used to complete distance is recorded in seconds. To prepare for this test, it is recommended that you do several 300 meter sprints on a routine basis (at least four times per week).

FITNESS TEST STANDARDS
NEW CASTLE COUNTY POLICE OFFICER APPLICANTS

TEST	Single Standard Norm
1.5 Mile Run	15:37
300 Meter Sprint	70.00 Seconds
Push-Ups	16
Sit-Ups	26
Vertical Jump	16.0 Inches

Guidelines for Cardiovascular Health and Fitness:

Heart screening should be done to determine your cardiovascular health and fitness. Your physician may recommend an Exercise ECG Stress Test if you plan to start an exercise program or if you have a medical reason that may indicate a possible heart problem. Your target heart rate zone should be between 70% and 85% of your age predicted maximum heart rate. To determine a more specific target heart rate zone, you would need the information from the stress test.

Maximum heart rate: 220 minus your age (example: 220 - 40 = 180)
Exercise heart rate zones: 70% x maximum heart rate (180) = 126
 85% x maximum heart rate (180) = 135

A minimum of 20 to 30 minutes must be allowed for cardiovascular exercise to be beneficial. The frequency of exercise should be three (3) to five (5) times per week depending upon your present physical condition. The most convenient, enjoyable, and beneficial exercise for you is walking, bicycling, swimming, running, rowing, and cross country skiing. Risk factors should also be taken into consideration in any type of exercise program. Some of these factors include smoking cessation, blood pressure control, weight control, regular exercise, reduction of cholesterol, stress management, and control of diabetes.

GENERAL INSTRUCTIONS:

1. The meal preceding your assessment should be light and should be consumed within two (2) to four (4) hours prior to your appointment. For morning appointments, please be sure to eat a light breakfast (i.e., toast, bagel, juice) because this enables you to better handle physical exertion. Please do not drink coffee, tea, or alcohol for four (4) hours prior to the test.
2. Do not smoke for four (4) hours prior to the test.
3. Continue taking your medications as usual unless otherwise advised by your physician.
4. Wear or bring appropriate clothing (locker/shower facilities available):
 - a. Sneakers or walking shoes and socks are needed.
 - b. Gym shorts or sweat-pants and t-shirt.

FIVE IMPORTANT STEPS TO MINIMIZE SPORTS INJURIES:

Limbering Up: Walking or jogging in place to increase circulation and oxygen delivery to muscles (3 - 5 minutes).

Stretching: After limbering up, 5 - 10 minutes of stretching exercises should be done. Each stretch should be done slowly without any ballistic (bounding) movements and should be held for a minimum of 20 - 30 seconds.

Warming Up: Start exercising at approximately 40% - 50% of your maximum heart rate for 5 - 10 minutes.

Vigorous Aerobic Activity: Needs to be sustained for a minimum of 20 - 30 minutes.

Cooling Down and Cool-Down Stretching: Allow your heart rate to come down slowly for five (5) minutes after aerobic activity. Never stop abruptly. Stretching is the same as before.

EXERCISES WHICH HELP TO IMPROVE ENDURANCE AND MUSCULAR STRENGTH:

Pull-Ups: Hang from bar, hands shoulder width apart, palms facing out. Pull chin up to bar, slowly lower body until arms are fully extended. Repeat as many as possible, three (3) times a week.

Bent Arm Hang: Use a stool or chair to raise yourself into a chin-up position. Hold this position for 10 to 20 seconds, three (3) times.

Sit-Ups: Bent knees with hands behind head; focus eyes straight ahead; touch shoulder blades to floor. Repeat 30 to 40 times.

Push-Ups: Place hands shoulder width apart, extend arms fully; lower chest to floor keeping back straight, repeat 30 to 40 times.

Dips: Hands on parallel bars shoulder width apart. Begin with arms fully extended, lower upper body until chest is at bar level. Repeat as many as possible, three (3) times a week.

Grip Strength: Squeeze sponge rubber ball or spring hand grips 30 times with each hand. Wrist curls with dumbbells, palms up.

Weight Training: Upper Body -- bench press, butterfly, overhead press, bicep curls. Lower Body -- leg extension, leg curl, leg raises, half squats. Do not weight train on consecutive days. You may alternate upper and lower body training. Number of repetitions recommended is 8 to 15. Use spotter for free weight presses.

To participate in the physical fitness test, the **PHYSICIAN AUTHORIZATION FORM** must be completed and signed by your physician and dated **within 90 days prior to the date** you take the physical assessment test; it is only valid for the current testing process. No one will be allowed to take the physical test without a valid signed and completed Physician Authorization Form. *Only those applicants who have been released by a certified medical physician to participate without risk to them will be permitted to perform.* The purpose of the physical fitness assessment is to evaluate an individual's physical fitness. Each applicant's performance will be evaluated according to national fitness standards.

New Castle County Police Officer PHYSICIAN AUTHORIZATION FORM

Applicant Name: _____ Last 4 digits of SSN: _____

The New Castle County Police Fitness Test consists of:

1.5 Mile Run
300 Meter Sprint
Vertical Jump
Sit-Ups
Push-Ups

I have reviewed medical information, and conducted a physical examination, of the aforementioned applicant, and I am rendering the following professional opinion:

I find the above applicant to be in proper physical condition to engage in all of the physical exercises of the New Castle County Police Physical Fitness Assessment.

Date: _____

Physician Name (please print) _____

Physician Signature: _____

Date of Examination: _____

Physician's Medical Degree: _____

Physician's Specialty: _____

Address: _____

City, State, Zip: _____

Phone Number: _____