



DEPARTMENT OF POLICE

CITY OF NORTH TONAWANDA
216 Payne Avenue
North Tonawanda, NY 14120-5491

TELEPHONE:
(716) 692-4111
FACSIMILE:
(716) 692-4321

Dear police officer candidate,

You have been scheduled to perform the physical agility screening portion of the hiring process for police officer. Please read the following carefully:

Physical Fitness Screening Test:

- Candidates will have one **(1)** opportunity to complete the physical fitness screening test (agility) portion of their civil service examination. All elements of the agility test are scored on a pass/fail basis and candidates must satisfactorily complete each element of the test. Candidates who fail the agility test will be restricted from certification on the certified eligible list.
- Prior to participating in the physical agility screening test, he/she must provide a statement from their physician on forms provided by the Niagara County Law Enforcement Academy, stating that the candidate is physically capable of participating in the agility test. Physician certification will be good for six (6) months. Enclosed, please find required form and the testing requirements.
- **BRING a SIGNED ORIGINAL of the PHYSICIAN STATEMENT TO SCREENING SITE LISTED BELOW!**
- **Bring your actual drivers license and a photocopy of it that we will keep for our records.**
- Candidates who fail to appear for the scheduled physical agility screening test will have failed the agility test and will be restricted from certification on the certified eligible list. Allowance may be made for military service (copy of military orders.) Documentation must be submitted prior to the scheduled agility test date. If you wish to go inactive on the civil service list or you can't get medical clearance to participate, you must contact Niagara County Civil Service at 716-438-4073 or civilservice@niagaracounty.com prior to the test date.

The screening test will be administered on **Thursday, December 14, 2023, at 9:00AM** at:

Niagara County Community College

Auxiliary Gym (H-156)

- Parking will be in lot 1 (enter off Saunders Settlement Road.) We will start promptly at 9:00am and late arrivals will be turned away. DO NOT park in restricted areas or you will be ticketed by campus security!

Your point of contact upon arrival is Lieutenant Julie Kratz from the Niagara County Sheriff's Office.

If you have any questions or related issues with respect to the physical agility test, please contact:

Lieutenant Julie Kratz
Niagara County Sheriff's Office
Co-director, Niagara County Law Enforcement Academy
(716) 614-6830

A handwritten signature in black ink, appearing to read 'K Glass'.

Keith Glass
Chief of Police
North Tonawanda Police Department

NIAGARA COUNTY
LAW ENFORCEMENT ACADEMY
3111 Saunders Settlement Road- Room G218

Sanborn NY, 14132

PHYSICAL FITNESS STANDARD POLICE OFFICER

RECRUIT TRAINING CLASS

The Physical Fitness Standards (on separate page) are required of each Recruit attending the Basic Course for Police. Each Recruit will be performing these types of exercises daily.

Additionally, Recruit Officers will be required to participate in Defensive Tactics, Weapon Retention and other strenuous group exercises and activities.

Using the Physical Fitness Standards as a guide, please evaluate the Recruit Police Officer's physical well-being and ability to perform strenuous physical exercises.

I have examined Recruit Officer _____ Date _____

This person is / is not (**circle one**) physically able to participate in all of the strenuous physical exercises noted above and on the attached Physical Fitness Standards sheet.

PLEASE PRINT

Physician's Name - _____

Address - _____

Telephone - _____

Signature - _____

*When completed, please give completed form to the recruit being examined. They will return it to the Law Enforcement Academy when they arrive for the test.

PHYSICAL FITNESS STANDARDS

QUALIFYING PHYSICAL FITNESS SCREENING TEST (AGILITY)

Sit-up: Muscular endurance (core body) – the score indicated below is the number of bent-leg sit-ups performed in one minute.

Push-up: Muscular endurance (upper body) – the score below is the number of full-body repetitions that a candidate must complete without breaks.

1.5-Mile Run: Cardiovascular capacity – the (time) score indicated below is calculated in minutes and seconds.

GENDER/AGE	SIT-UP	PUSH-UP	1.5-MILE RUN
MALE			
20-29	38	29	12:38
30-39	35	24	12:58
40-49	29	18	13:50
50-59	24	13	15:06
60+	19	10	16:46
FEMALE			
20-29	32	15	14:50
30-39	25	11	15:43
40-49	20	9	16:31
50-59	14	-	18:18
60+	6	-	20:16