

SCOTT W. MACDONALD

CHIEF OF POLICE

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**ORLEANS POLICE DEPARTMENT**

99 ELDREDGE PAK WAY

ORLEANS MASSACHUSETTS 02653-3307

**ENTRY LEVEL FITNESS STANDARDS**

The entry level fitness standards established by the Municipal Police Training Committee (MPTC) are in keeping with the 40th percentile of the Cooper Aerobics Institute’s norms. There are four (4) tests that each candidate will have to pass in order to granted entry to any MPTC academy or MPTC approved academy.

**Timed one (1) minute pushups**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Age:** | **20 – 29** | **30 – 39** | **40 – 49** | **50 – 59** | **>=60** |
| **Females\*** | 23 | 19 | 13 | 12 | 5 |
| **Females+** | 15 | 11 | 9 | No data | No data |
| **Males** | 29 | 24 | 18 | 13 | 10 |

\*Females are permitted to use the modified pushup position

+Females performing full body pushups

**Timed one (1) minute sit-ups**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Age:** | **20 – 29** | **30 – 39** | **40 – 49** | **50 – 59** | **>=60** |
| **Females:** | 32 | 25 | 20 | 14 | 6 |
| **Males:** | 38 | 35 | 29 | 24 | 19 |

**Timed 300 Meter Run (Measured in seconds)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Age:** | **20 – 29** | **30 – 39** | **40 – 49** | **50 – 59** | **>=60** |
| **Females:** | 71 | 79 | 94 | No data | No data |
| **Males:** | 59 | 59 | 72 | 84 | No data |

**Timed 1.5 mile run / walk**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Age:** | **20 – 29** | **30 – 39** | **40 – 49** | **50 – 59** | **>=60** |
| **Females:** | 14:50 | 15:38 | 16:21 | 18:07 | 20:06 |
| **Males:** | 12:38 | 13:04 | 13:49 | 15:03 | 16:46 |

Please note that beginning the 8th week of the police academy all student officers will be required to pass the 30th percentile of the Cooper Institutes norms. If the student officer fails, they will be allowed to try again during week 10. If the student officer fails week 10 that student officer will be separated from the academy.

Should anyone have any questions or need clarification please contact:

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