

Medical Approval Form for Physical Agility Test

TO: City of Hartford Police Department

FROM: _____
Physician Name (M.D. or D.O.) *Please Print*

To be filled in by physician:

This is to certify that I have reviewed the four elements of the Connecticut Police Officer Standards and Training Council's Physical Ability Assessment printed on the back side of this form. After reviewing said document, it is my professional opinion that the candidate named below:

Candidate's Name: _____

Address: _____

Applying to: Hartford Police Department for the position of Police Officer

CAN SAFELY PERFORM THE PHYSICAL ABILITY ASSESSMENT.

Physician's Signature: _____ Date: _____

Physician's Name and Address (Type or Imprint with Office Stamp)

(Medical approval forms back dated more than 6 months cannot be accepted)

City of Hartford Department of Human Resources
550 Main Street, Ground Floor, Room 3
Hartford, CT 06103

Candidate Emergency Contact:

Name: _____ Tel#: _____ Relationship: _____

YOU MUST PRESENT THIS FORM AT CHECK-IN FOR THE PHYSICAL AGILITY TEST.

CONNECTICUT POLICE OFFICER STANDARDS AND TRAINING COUNCILS PHYSICAL ABILITY ASSESSMENT STANDARDS

The physical ability assessment includes the four stations described below. These standards are required by the Connecticut Police Officer Standards and Training Council.

Sit-ups	Muscular Endurance	The score is the number of correct full bent leg sit-ups performed in one minute. Your feet are held and your finger tips are tucked behind your ears.
300 Meter Run	Anaerobic Power	Run at maximal effort for 300 meters.
Push Up	Muscular Endurance	The score is the number of correct full body push-ups performed in one minute. Starting in the up position, hands placed slightly wider than shoulder width apart, fingers pointing forward with a straight back. Bend your elbows lowering your body towards the floor and touch your chest to the measuring block (approximately four inches from floor) and return to the up position.
1.5 Mile Run	Cardiovascular Capacity	1.5 mile run. You are required to run, walk or jog one and a half miles within your allotted time limit. The score is in minutes and seconds.

Age/Gender	Sit-Up	300 Meter Run	Push-Up	1.5 Mile Run
Male	Pass	Pass	Pass	Pass
20-29	38	59 seconds	29	12:38
30-39	35	58.9 seconds	24	12:58
40-49	29	72 seconds	18	13:50
50-59	24	83.2 seconds	13	15:06
60-69	19	N/A	10	16:46
Female	Pass	Pass	Pass	Pass
20-29	32	71 seconds	15	14:50
30-39	25	79 seconds	11	15:43
40-49	20	94 seconds	9	16:31
50-59	14	109 seconds	7	18:18