

COUNTY POLICE OFFICER / POLICE OFFICER PHYSICAL FITNESS TEST

As mentioned on the exam announcement for County Police Officer and Police Officer, you must pass all three components of the required physical fitness test in order to qualify for appointment. In preparation for the physical fitness test, please be aware of the following:

- Physical fitness admission notices are mailed to candidates; therefore, make sure to notify the Department of Human Resources of address changes.
- You will be notified of the physical fitness test approximately two weeks before the test date.
- If you cannot take the fitness test on the announced test date due to a conflict, contact this Office prior to the test date so that your status on the Eligible List remains active.
- If you do not appear for or fail the physical fitness test, your name will be removed from the eligible list.
- Candidates who fail the physical fitness test will be given one retest opportunity.
- You will need a current doctor's release note in order to participate in the physical fitness test.
- It is strongly encouraged that you practice for this test beforehand.
- Only the candidates who pass the written exam will be contacted to participate in the physical fitness test. Candidates will be contacted based on their ranking on the current eligible list.

REQUIREMENTS FOR THE QUALIFYING PHYSICAL FITNESS TEST

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:seconds.**

	Age : Gender		Test	
	Age	Sit Up	Push Up	1.5 Mile Run
Males	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
Females	20-29	32	15	14:50
	30-39	25	11	15:43
	40-49	20	9	16:31
	50-59	14	N/A	18:18
	60+	6	N/A	20:16

If you have any questions regarding the Civil Service exam process, contact
 Ontario County Department of Human Resources at
 (585) 396-4465 or at hr@co.ontario.ny.us.