

Physical Ability Test Requirements

The following fitness test will be administered to any full time sworn or part time sworn candidate for police officer reaching the formal background stage. Before any candidate submits to any of the physical fitness tests below they must obtain a medical clearance document from their primary care physician that they will be able to participate. This document must be submitted to the Chief of Police or his designee upon request. The medical document must be dated and signed by the candidate's primary care physician in accordance with Massachusetts General Law. In addition, each candidate must supply their own equipment on the day the fitness tests are administered. The following equipment is required to participate in the fitness test:

- Running shoes
- Workout attire
- Water

Males Age:	Sit-ups 1 minute	1.5 mile run	Push-ups 1 minute
20-29	40	12:18	33
30-39	36	12:51	27
40-49	31	13:53	21
50-55	26	14:55	15
Females Age:			
20-29	35	14:55	20
30-39	27	15:26	14
40-49	22	16:27	13
50-55	17	17:24	9

Any candidate who is participating for any fitness test must understand that moderation is a sound approach in an attempt to improve their fitness level in general. The candidates should also utilize an appropriate stretching procedure before and after any workout. The candidate must also understand the importance of hydration and how this has a positive influence on their fitness level