



# **Time to be Emailed to Applicants**

## **Police Officer's Physical Agility Test**

The Probationary Police Officer Agility Test will be held at the Danville Family YMCA located on 1111 North Vermilion Street, Danville, IL. The test will be run by staff members of the Danville Family YMCA on behalf of the Danville Board of Fire and Police Commissioners. The test consists of completing the requirements of four elements that will be set up at the YMCA.

### **IMPORTANCE OF PHYSICAL AGILITY AND FITNESS:**

Physical agility or fitness is a health status pertaining to the individual having the physiological readiness to perform maximum physical effort when required. This is particularly important to people working as professional police officers. Agility/Fitness consists of four areas:

Aerobic capacity or cardiovascular endurance pertaining to the heart and vascular system's capacity to transport oxygen. It is also a key factor for heart disease in that low aerobic capacity is a risk factor.

Strength pertains to the ability of muscles to generate force. Upper body and abdominal strength are important factors in that low strength levels have a bearing on upper torso and lower back disorders.

Flexibility pertains to the range of motion of the joints and muscles. Lack of lower back flexibility is a major risk factor for lower back disorders.

Body weight and body composition pertains to body mass and the ratio of fat to lean tissue. Excessive fat is a handicap for physical movement and is a serious health risk for many diseases. (Although important and potentially limiting factors for Police Officers, these elements will not be measured as a part of the "Police Officer's Physical Agility Test".

### **GENERAL REQUIREMENTS FOR ALL ELEMENTS:**

- Each person scheduled to take the Physical Agility Test will be required to submit a completed "Medical Clearance/Release Statement" before beginning the test.
- Applicants are advised to wear appropriate clothing. Street shoes will not be allowed.
- Applicants are allowed two tries to pass each element with a reasonable amount of rest time between tries.
- The Agility Test is Pass/Fail. Failure to pass any element after a second try is failure of the agility test.
- Applicants are encouraged to practice each element of the Agility Test prior to the test date. Remember to pace yourself.

**No. 1 – Sit and Reach** This test measures flexibility of the lower back and upper leg area. It is an important area for performing police tasks involving a range of motion, and it is important in minimizing lower back problems. The test involves stretching out to touch the toes or beyond with extended arms from a sitting position. The score is in inches reached on a yard stick with 15 inches being at the toes.

**No. 2 – One Minute Sit-Up Test** This is a measure of muscular endurance of the abdominal muscles. It is an important area for performing police tasks that may involve the use of force and for maintaining good posture and minimizing lower back problems. The score is in the number of bent leg sit-ups performed in one minute.

**No. 3 – One Repetition Maximum Bench Press** This is the maximum weight pushed from the bench press position ( Note: A Universal Weight Machine may be used for this test). The test measures the amount of force the upper body can generate. It is an important area for performing police tasks requiring upper body strength. The score is the ratio of weight pushed, divided by body weight (percent of body weight).

**No. 4 – 1.5 Mile Run** This is a timed run to measure the heart and vascular system’s capability to transport oxygen. It is an important area for performing police tasks involving stamina and endurance and to minimize the risk of cardiovascular problems. The score is in minutes and seconds required to run 1.5 miles. This Test is conducted on the YMCA’s track.

#### MINIMUM AGILITY/FITNESS PERFORMANCE REQUIREMENTS

The performance requirements for each test are based upon norms for a national population sample. The standards included in this test have been developed from “Physical Fitness Training Standards” as published by the Illinois Local Government Law Enforcement Officers Training Board. The applicant must pass each test, but will be allowed two tries with a suitable rest period between each try. SCORING FOR THE AGILITY TEST IS PASS/FAIL.

Test No.	TEST	MALE		FEMALE	
		Age by Decade 20-29	30-39	Age by Decade 20-29	30-39
1	Sit and Reach	16.0	15.0	18.8	17.8
2	1 Minute Sit-Up	37	34	31	24
3	Maximum Bench Press	.98	.87	58	.52
4	1.5 Mile Run	13:46	14:31	16:21	16:52

If you have additional questions:

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