

Seaside Park Police Department

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Class I Physical Assessment Test Packet

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INTRODUCTION

The purpose of this test is to ensure the candidate is in sufficient physical condition to safely participate and/or avoid unnecessary injury during continued law enforcement training and to ensure the candidate meets the minimum physical demands required of a Class I Police Officer in order to individually and collectively better insure the health, safety and welfare of the citizens of this State. For purposes of this guide, the physical assessment test will be referred to as the "PAT."

DEVELOPMENT

A content-oriented strategy was used to develop a valid physical ability examination designed to measure the basic physical skills necessary to safely complete the physical demands of a Class I Police Officer in the Seaside Park Police Department. The entire examination is composed of training-related physical skills. Only those skills which do not require prior training to become proficient are assessed. This means the exam is equally valid for assessing the physical skills of candidates who have and have not had prior law enforcement training and/or education.

PACKET GUIDE

This manual includes a description of the events included in the PAT so as to orient and prepare the candidate for the physical activities included in the PAT. It includes a list of what candidates must wear and do to prepare for the test and a list of all materials necessary to conduct the test. This guide addresses testing procedures and includes a description of each event that comprises the PAT. The guide **does not** explain the criteria for successfully passing the PAT. Please take particular note of the following forms that were included with this packet and that **all participants are required to submit these forms prior to the day of the PAT**:

(X) Medical Release Form – Completed and Signed

(X) Waiver of Liability and Release of All Claims Form – Completed and Signed

MEDICAL RELEASE

All candidates must, prior to participating in the PAT, obtain a medical release signed by a physician stating that the candidate is physically capable and medically able to safely participate in the PAT.

Candidates will not be allowed to participate in the test without a signed medical release. A copy of the medical release form shall be included with this packet. Candidates must bring the Physical Assessment Test Protocols to their Physician on the date of their medical exam.

WAIVER OF LIABILITY

All participants must, prior to participating in the PAT, read and sign a Waiver of Liability and Release of All Claims form (“Waiver Form”). **Candidates will not be allowed to participate in the PAT without a signed Waiver Form.** A copy of the Waiver Form shall be included with this packet.

TEST ADMINISTRATION

The PAT will be administered at the Seaside Park Elementary School and will continue to various locations throughout the municipality, including, but not limited to, roadways, sidewalks, beaches, boardwalks, etc. Only one testing date will be available per year, and is generally held in the month of January following the deadline for admission of applications. In the event of inclement weather, candidates will be notified of a rain date.

WHAT CANDIDATES SHOULD WEAR DURING THE TEST

Candidates should wear the following during the test:

- Tennis shoes (sport shoes or sneakers) are recommended.
- Candidates taking the test are encouraged to wear sweat pants, t-shirt, sweatshirt and winter hat, and any other weather-appropriate attire.
- Candidates should NOT wear watches, rings or other items which could harm them while taking the test. These items should be removed before testing for safety purposes.

WHAT CANDIDATES SHOULD DO PRIOR TO TAKING THE TEST

Just prior to taking the test, candidates should consider jogging lightly, performing some jumping jacks to get their blood flowing, and stretching to prepare themselves for the physical activities in which they are about to engage.

ENVIRONMENTAL CONDITIONS

The PAT is to be administered indoors and outdoors; therefore it can take place during any weather conditions. All effort should be taken by candidate to be properly clothed for the outdoor portions of the examination.

All candidates are encouraged to retain a copy of all materials.

IMPORTANT:

CANDIDATES WHO DO NOT SUBMIT A SIGNED MEDICAL RELEASE AND WAIVER OF LIABILITY WILL NOT BE ALLOWED TO PARTICIPATE. BE SURE TO SUBMIT BOTH COMPLETED FORMS PRIOR TO THE DAY OF THE PHYSICAL ASSESSMENT TEST. NO EXCEPTIONS WILL BE PERMITTED.

PHYSICAL ASSESSMENT TEST (“PAT”) PROTOCOLS

A. One Mile Run

PURPOSE: The best field test of cardiovascular-respiratory function is the 1.0 mile run. This test is designed to measure cardio-respiratory endurance (aerobic capacity). This is important for performing tasks involving stamina and endurance, such as sustained foot pursuits, prolonged use of force situations, etc.

EQUIPMENT: Stopwatch, marked course with a minimum of view obstructions

MOVEMENT: The candidate shall line up behind the start line. At the “GO” signal, the candidate shall run/walk the 1.0 mile distance. The subject shall pass to the outside of any cones or markers. Failure to do so results in immediate disqualification for “cutting the course”. Any combination of running or walking is allowed to complete the test. The subjects shall not run to exhaustion, especially since their total score on the physical assessment test is not based on this test alone. This portion of the PAT will be conducted on the boardwalk or roadway.

SCORING: The time the candidate properly finishes the course will correlate to the score.

B. One Minute Push Up Test

PURPOSE: This test measures the muscular strength/endurance of the upper body muscles in the shoulders, chest, and triceps. This test will measure muscular strength and anaerobic power needed for pushing, lifting, carrying, dragging and pulling. Job specific activities include, but are not limited to, the essential functions of a police officer.

EQUIPMENT: Mat, stopwatch, partner

MOVEMENT: The subject assumes a push-up position on the floor: Body rigid and straight, supported on toes with hands shoulder-width apart and arms straight and locked. The subject must lower him/herself until the chest is within 4 inches of the floor’s surface. The upper arms must be parallel to the ground. The back must remain straight and rigid throughout the movement. The participant will return to the starting position by straightening their arms. If rest is needed, it must be in the up position only, with the elbows slightly bent.

SCORING: Score is scaled on the number of correct push-ups until exhaustion or one minute is completed. Exhaustion is called if any part of the body hits the ground or if the subject fails to rest in the “up” position. If the subject fails to keep their body in a straight line or fails to touch the chest to a fist or nerf ball, warning will be issued. After one warning, incorrect repetitions will not count.

C. One Minute Sit-Up Test

PURPOSE: This test measures the muscular strength / endurance of the abdominal muscles. This test will measure muscular strength and anaerobic power needed for pushing, lifting, carrying, dragging and pulling. Job specific activities include, but are not limited to, the essential functions of a police officer. Further, these muscles are important for performing tasks that maintain posture and minimize lower back problems.

EQUIPMENT: Mat, stopwatch, partner

MOVEMENT: The participant will lie on his or her back, knees bent, heels flat on the floor. Hands will be held behind the head with elbows out to the sides. A partner holds the feet and counts the repetitions. The participant will then perform as many correct sit-ups as possible in one minute.

In the up position, the subject must touch the elbows to the knees and then return to the lying position before starting the next sit-up. The score is the number of correct sit-ups after one minute.

The hands will remain interlocked behind the head. The knees will remain at a 90 degree angle throughout the exercise. The buttocks must remain in contact with the floor at all times. Any resting must be done in the “up” position. It is important that the buttocks remain on the floor through the entire movement. To complete the movement, the shoulders/upper back must re-contact the floor.

SCORING: The score on this test is scaled on the number of correctly-performed repetitions in one minute.

D. Pull Up

PURPOSE: This test measures the muscular strength/endurance of the upper body muscles in the back, lats, and biceps. This test will measure muscular strength and anaerobic power needed for pulling, lifting, carrying, dragging and pushing. Job specific activities include, but are not limited to, the essential functions of a police officer.

EQUIPMENT: Chin-Up Bar

MOVEMENT: Candidates will hang from a chin-up bar with arms fully extended, hand position is slightly wider than shoulders, grip is with palms either facing forward or facing the candidate. Pull up until your chin breaks the horizontal plane of the bar. Lower yourself to the starting position. Repeat as many times as possible with correct form. Pull ups must be done in one fluid motion. Candidates swinging their body and/or legs or attempting to “cheat” their way over the bar will not be given credit for that pull up attempt.

SCORING: Score is scaled on the number of correct pull ups until exhaustion.

E. One Minute Squat Thrust

PURPOSE: This test measures the muscular strength of entire body, as well as cardio-respiratory endurance (aerobic capacity). This is important for performing tasks involving stamina and endurance, such as sustained foot pursuits, prolonged use of force situation, etc.

EQUIPMENT: Floor

MOVEMENT: The candidates will begin in the standing position with their arms straight at their sides. The repetition consists of four distinct movements. 1) The candidate must bend at the knees and place both hands flat on the ground to the outside of their feet. 2) The candidate must next, while keeping their feet parallel, kick their legs back out into a push-up position. 3) The candidate must then, while keeping their feet parallel, spring both feet back to the #1 position. 4) The candidate must return to the starting upright position with the legs and back **straight**. Squat thrusts repetitions are not counted due to improper performance typically more than all other exercises combined.

Candidates must strive to be precise in all four movements of the exercise. The most common reason for failure to be credited for the repetition is failing to stand up straight at the end of one repetition before beginning the next.

SCORING: Score is scaled on the number of correct squat thrusts until exhaustion or one minute is completed.

The order in which events are completed shall be at the discretion of the Seaside Park Police Dept.