

Toledo Police Department Applicant Fitness Standards



Introduction

The Toledo Police Department recognizes that an adequate level of physical fitness is essential for law enforcement job performance. Therefore, it has adopted the OPOTC physical fitness standards for entering and graduating the Toledo Police Academy.

A physical fitness test will be administered to each applicant who passes the written exam and who falls within the established selection list. This fitness test helps to insure that each applicant can handle both the physical and academic demands of the academy without injury, and with a level of fatigue tolerance necessary to meet all the academy demands and subsequent assignment as a Toledo Police Officer.

If an applicant does not meet ALL the “initial 15th percentile” OPOTC fitness norms for their age/gender, the applicant will not be appointed to the academy. If an applicant does not meet ALL the “final 50th percentile” OPOTC fitness norms for their age/gender, the applicant will not graduate the academy.

Why is fitness important as a job-related element for law enforcement officers?

- It has been well documented that law enforcement personnel (as an occupational class) have serious health risk problems in terms of cardiovascular disease, lower back disorders, and obesity. Law enforcement agencies have the responsibility of minimizing known risk. Physical fitness is a health domain which can minimize the “known” health risk for law enforcement officers.
- Job analyses that account for physical fitness have demonstrated that the fitness areas are underlying factors determining the physiological readiness to perform a variety of critical physical tasks. These fitness areas have also been shown to be predictive of job performance ratings, sick time, and number of commendations of police officers. Data also shows that fitness level is predictive of “trainability” and academy performance.
- Physical fitness can be an important area for minimizing liability. The unfit officer is less able to respond fully to strenuous physical activity. Consequently, the risk of not performing physical duties is increased.

What is physical fitness?

Physical fitness is a physical status pertaining to the individual officer having the physiological readiness to perform maximum physical effort when required.

Physical fitness test battery

The physical fitness test battery will consist of three tests:

- **1 minute sit-up test:** This tests the body’s ability to support the trunk and back muscles during work tasks that involve defensive tactics, moving equipment, and lifting heavy objects and people.
- **1 minute push-up test:** This tests the body’s ability to exhibit dynamic strength (power movements over a period of time). It correlates to work tasks involving forcing an arrest, defensive tactics, and lifting and carrying.
- **1.5 mile run:** This tests the body’s cardiovascular endurance, which is the heart and vascular system’s capability to transport oxygen. It correlates to work tasks involving running/foot pursuits, long term use of force, stress management, and weight control.

What are the standards?

As established by the Ohio Peace Officer Training Commission, an applicant must meet “Initial 15th percentile” to be admitted to the Academy. Applicant must meet “Final 50th percentile” to graduate the Academy.

HANDOUT #1 – OPOTC FITNESS NORMS

Male Fitness Norms

Sit-ups	Age 20-29	Age 30-39	Age 40-49	Age 50-59	Age 60+
Final 50 th percentile	40	36	31	26	20
Initial 15 th percentile	32	28	22	17	13

Push-ups	Age 20-29	Age 30-39	Age 40-49	Age 50-59	Age 60+
Final 50 th percentile	33	27	21	15	15
Initial 15 th percentile	19	15	10	7	5

1.5 Mile Run	Age 20-29	Age 30-39	Age 40-49	Age 50-59	Age 60+
Final 50 th percentile	11:58	12:25	13:11	14:16	15:56
Initial 15 th percentile	14:34	15:13	15:58	17:38	20:12

Female Fitness Norms

Sit-ups	Age 20-29	Age 30-39	Age 40-49	Age 50-59	Age 60+
Final 50 th percentile	35	27	22	17	8
Initial 15 th percentile	23	18	13	7	2

Push-ups	Age 20-29	Age 30-39	Age 40-49	Age 50-59	Age 60+
Final 50 th percentile	18	14	11	13 (modified)	8 (modified)
Initial 15 th percentile	9	7	5	4 (modified)	1 (modified)

1.5 Mile Run	Age 20-29	Age 30-39	Age 40-49	Age 50-59	Age 60+
Final 50 th percentile	14:07	14:34	15:24	17:13	18:52
Initial 15 th percentile	17:49	18:37	19:32	21:31	23:32

OHIO PEACE OFFICER TRAINING COMMISSION

PEACE OFFICER BASIC TRAINING CURRICULUM
Physical Fitness & Conditioning, 12-1
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