

NWPA Regional Police Testing Consortium Medical Clearance for Participation

It is the responsibility of each applicant to possess an acceptable level of physical readiness, which ensures that the applicant is, at all times, at a level of physical readiness necessary to perform the essential tasks of a police officer.

In order to ensure that each applicant can perform his/her duties safely and effectively without undue risk to themselves or the public, the applicant is required to take a Physical Fitness Test as part of the selection procedures. This test was designed using the guidelines of the American College of Sports Medicine and the Cooper Institute for Aerobics Research.

The test battery consists of:

- **300-Meter Run:** 66 seconds
- **Sit-Ups:** 30 Reps
- **Push-Ups:** 25 Reps
- **Vertical Jump:** 15.5 inches
- **1.5-Mile Run:** 15 minutes, 54 seconds

Each test is preceded by a warm-up or rest period, with mandatory cool-down period at the conclusion of the tests.

Please take the time to be sure you can complete the above requirements.

Failure to complete any single event will result in immediate ejection from the rest of the testing process.