

Town of Kennebunkport, Maine 04046



MEDICAL CERTIFICATE

POLICE OFFICER APPLICANT

Dear Physician:

The Kennebunkport Police Department is screening applicants for employment as police officers. This medical certificate **MUST** be signed acknowledging that the applicant is physically qualified to participate in our pre-employment physical agility testing. Applicants who do not have a signed medical certificate will not be allowed to participate.

The physical testing has three main components (40th percentile):

1. Timed push-ups
2. Timed sit-ups
3. Timed 1.5-mile run

The testing components are explained in the attached sheet.

Electrocardiogram, chest x-rays, or other screening is not required, unless your examination indicates such a need.

Applicants Name: _____ Date of Birth: _____

Address: _____ SSN: _____

The above applicant **IS / IS NOT** qualified to participate in the described physical testing.

Physician's Printed Name: _____

Physician's Signature: _____ Date: _____

The following three (3) test items constitute the physical fitness test (PFT) REQUIREMENTS for the Basic Law Enforcement Training Program (BLETP).

Applicants must successfully complete each test at the 40th percentile entrance standard (within one month from the start of the BLETP) and the 50th percentile exit standard (prior to graduation of the BLETP) based on their age and gender.

- 1. Maximum Push-up test (untimed);**
- 2. One-minute sit-up test; and**
- 3. 1.5-mile run**

PHYSICAL FITNESS TEST DESCRIPTIONS

MAXIMUM PUSH-UP TEST (untimed):

You will assume the standard position for a push-up, which is the body rigid and straight from head to their heels (plank position) with the feet together and the hands slightly wider than shoulder-width apart in the “UP” position. An administrator will place a 3-inch measuring device on the surface directly under your chest, between and in line with the nipples of your chest. With the back and remainder of the body straight at all times, you will lower the body towards the floor until your sternum touches the 3-inch measuring device being held by the administrator’s hand. You will then push to the fully extended UP position, so that the elbows come to a near locked position. You cannot wiggle to get to the UP position. This will complete one repetition. You will complete as many correct push-ups as possible. You may rest only in the UP position while maintaining your body in a straight position at all times during the test. If you do not touch the 3-inch measuring device or do not go all the way up, those individual push-ups do not count. If you come out of the plank position or any parts of your body touch the floor other than your hands and feet, the test is over. The test administrator will count out loud only the number of correct push-ups completed.

Scoring: *The total number of correct push-ups in 1 minute.*

ONE-MINUTE SIT-UP TEST:

The test will begin in the down position. You will lie down on your back with knees bent and heels flat on the same level surface that you are lying down on. A partner will hold your feet down. Your hands will be placed clasped behind your head. Fingers are interlocked throughout the exercise. A correct sit-up is performed by sitting up until the upper body is **perpendicular** to the floor. Usually this will mean that your elbows must touch the top of your knees or extend beyond your lower legs. The complete sit-up is finished in the correct “UP” position. You will return to a full lying position (with upper back touching the floor) before starting the next sit-up. The buttocks must be kept in contact with the surface during the sit-up with no thrusting of the hips. You will perform as many sit-ups as possible in a one-minute period. If your buttocks come off the floor, your fingers come unclasped, you do not come all the way up to perpendicular or your shoulders do not touch the floor, those individual sit-ups will not count. The test administrator will count out loud only the number of correct sit-ups completed.

Scoring: *Your total number of correct sit-ups in 1 minute*

1.5 MILE RUN:

The applicant will walk, jog, run, or any combination thereof, a distance of one and one-half miles. A measured, level course will be used, such as an indoor or outdoor track. Exact distances will be indicated. A monitor will keep record of the distance and time the applicant has completed. If using a track, a monitor will inform the applicant at the end of each lap the cumulative running time or a visual timing device will be observable by the applicant. The assigned monitor will count out loud the number of laps completed.

Scoring: *The time it takes to finish 1.5 miles.*

PHYSICAL FITNESS TEST ENTRANCE STANDARDS

Adopted by the MCJA Board of Trustees: 09/20/2013, effective 10/01/2013

FITNESS TEST	MALE (40th Percentile) AGE				FEMALE (40th Percentile) AGE			
	20-29	30-39	40-49	50-59	20-29	30-39	40-49	50-59
Max. Push-up Test	29	24	18	13	15	11	9	3
One Minute Sit-up Test	38	35	29	24	32	25	20	14
1.5 Mile Run	12:38	13:04	13:49	15:03	14:50	15:38	16:21	18:07

PHYSICAL FITNESS TEST EXIT STANDARDS

Adopted by the MCJA Board of Trustees: 09/20/2013, effective 10/01/2013

FITNESS TEST	MALE (50th Percentile) AGE				FEMALE (50th Percentile) AGE			
	20-29	30-39	40-49	50-59	20-29	30-39	40-49	50-59
Max. Push-up Test	33	27	21	15	18	14	11	5
One Minute Sit-up Test	40	36	31	26	35	27	22	17
1.5 Mile Run	11:58	12:25	13:11	14:16	14:07	14:34	15:24	17:13