



## SAULT STE MARIE POLICE SERVICE

### **PRE-EMPLOYMENT PHYSICAL FITNESS TEST**

All applicants for the position of Special Constable with the Sault Ste. Marie Police Service are required to complete a test of overall physical fitness.

The test used is a modified version of the Canadian Standardized Test of Fitness. The test takes a maximum of 1 ½ hours to complete. Time is built in to the test between each component to allow for heart rate and muscular fatigue recovery. The test components and protocols are outlined.

The overall minimum score required is 75 marks out of a possible 100. Successful applicants are deemed to be as fit as the average Canadian of their gender and age.

### **Component 1 (push ups) Possible marks - 20**

The participant begins in the down position with the legs together and hands positioned under the shoulders. The participant pushes up until the arms are fully straightened, with males using the toes as a pivot point and females using the knees.

The participant continues to exhaustion or until a break in form. The test is designed to measure muscular strength and anaerobic work capacity.

Minimum number required to obtain 15 out of 20:

Male	(20 - 29) 25	(30-39) 20	(40-49) 15
Female	(20 - 29) 18	(30-39) 16	(40-49) 13

### **Component 2 (sit and reach) Possible Marks - 10**

With shoes removed, the participant sits with legs fully extended and the soles of the feet placed flat against a flexometer. The participant bends forward with arms extended to the point of maximum stretch and holds this position for 2 seconds.

This test requires a good range of flexibility in the lumbar, gluteal and hamstring areas.

Minimum requirement to obtain 7.5 out of 10:

Male	(20 - 29) 32 cm	(30-39) 31 cm	(40-49) 26 cm
Female	(20 - 29) 35 cm	(30-39) 34 cm	(40-49) 32 cm

### **Component 3 (modified curl ups) Possible Marks - 20**

The participant lies in a supine position with knees bent at a right angle and arms at the sides. The participant curls up, sliding the hands along the mat 8 or 12 centimeters depending on age, and following a pre-determined cadence. The participant continues until the maximum number of curl ups is completed, or until exhaustion or a break in form.

This test measures muscular strength and anaerobic work capacity.

Minimum number required to obtain 15 out of 20:

Male	(20 - 29)	31 (12 cm)	(30-39)	35 (12 cm)	(40-49)	48 (8 cm)
Female	(20 - 29)	31 (12 cm)	(30-39)	27 (12 cm)	(40-49)	28 (8 cm)

### **Component 4 (1.5 mile run) Possible Marks - 50**

The participant is required to cover the 1.5 mile distance in as short a time as possible.

This test measures aerobic work capacity.

Minimum times required to obtain 37.5 out of 50:

Male	(20 - 29)	11:22	(30-34)	11:50	(35 - 39)	12:47	(40-49)	14:04
Female	(20 - 29)	13:26	(30-34)	13:55	(35 - 39)	15:02	(40-49)	16:32

***This test will be conducted at a date and time to be determined.***

***\*\*Note\*\****

***If you are not currently involved in a physical fitness program of any kind you should consult a physician before taking this test.***

***The Sault Ste. Marie Police Service will not be liable for any injury incurred by any person who takes the pre-employment physical fitness test.***