



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) 27	(30-39) 21	(40-49) 12
Female	(20 - 29) 20	(30-39) 17	(40-49) 14

Component 2 (trunk, forward flexion) 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) 33 cm	(30-39) 32 cm	(40-49) 29 cm
Female	(20 - 29) 36 cm	(30-39) 35 cm	(40-49) 34 cm

Component 3 (core endurance test) Possible Marks – 20

The participant lies face down on top of the bench with lower body on the bench. The iliac crest is positioned on the edge of the bench. The participant needs to be secured by a partner. A towel may be placed under the ankles to add support. This may allow the calves to stay in a relaxed state.

Once the participant is secure, they raise up until they are parallel with their lower body. Their arms are placed across their chest with hands on the opposing shoulders. The entire body forms one straight line with no rotation or lateral shifting. The participant stays in this position as long as possible to a maximum of three minutes. The participant is allowed one warning to reposition themselves if they drop below parallel.

This test measures back and core muscular strength and endurance.

Minimum times required to obtain 15 out of 20:

Male (20 – 29) 2:12 – 2:20 (30 – 39) 1:48 – 2:00 (40 – 49) 1:23 – 1:38

Female (20 – 29) 2:15 – 2:23 (30 – 39) 2:20 – 2:27 (40 – 49) 1:54 – 2:06

Component 4 (20 meter shuttle run) Possible Marks – 50

The participant will continuously run back and forth over a 20 – meter course in time with taped audio signals. The time permitted to cover the 20 meters initially requires a very slow jog, which acts as a warm up then it is made progressively faster until the participant is no longer able to keep up.

In each leg of the run warning lines, placed 2 meters from each of the 20 – meter end lines, must be reached before the audio signal sounds. The participant is cautioned when he/she misses a warning line. The test is terminated when 2 consecutive warning lines are missed.

This test measures aerobic work capacity.

Minimum stages required to obtain 37.5 out of 50:

Male (20 - 29) 8.5 (30 – 34) 8 (35 – 39) 7 (40 – 49) 5.5

Female (20 – 29) 6.5 (30 – 34) 6 (35 – 39) 5 (40 – 49) 3.5

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.