

# **North Bay Police Service Fitness Assessment Manual**

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## **STANDARDS AND PROCEDURE**

## Criteria

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You must be able to obtain an aggregate total score of at least 75%.

Push-Ups	/20
Sit and Reach	/10
Core Endurance	/20
1.5 Mile Run	/50
<b>Total</b>	<b>/100</b>

### **Note:**

- Music and headphones are permitted during the assessment.
- Please come prepared in appropriate gym attire.
- Please wear appropriate foot wear.

# Physical Fitness Standards

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## (1) Muscular Endurance- Push-Ups (Consecutive)

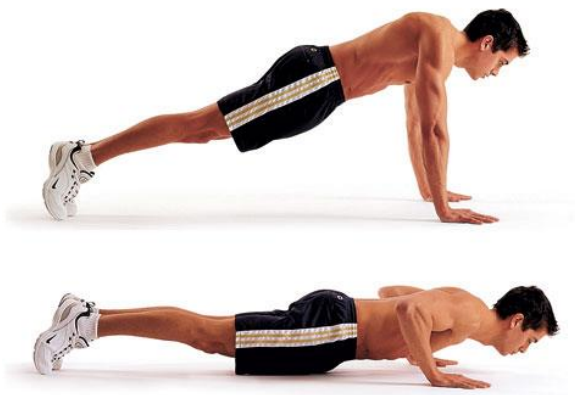
### *Expectations*

#### ***Males:***

1. Hands facing forward and placed under the shoulders.
2. Push up from mat to full arm extension and down until chin touches the mat.
3. Keep the body straight and pivot from the toes.

#### ***Females:***

1. Hands facing forward and place under the shoulders.
2. Push up from the mat to full arm extension and down until the chin touches the mat.
3. Keep body straight and pivot from the knees, lower leg contacting mat.



## Standards

Score /20	Age 20-29 Female (reps)	Age 30-39 Female (reps)	Age 40-49 Female (reps)	Age 50-59 Female (reps)	Age 60 + Female (reps)
20	38 +	37 +	33 +	31 +	31 +
19	37	36	32	30	30
18	30 – 36	27 – 35	24 - 31	21 - 29	17 - 29
17	24 – 29	22 – 26	20 - 23	15 - 20	13 - 16
16	21 – 23	20 – 21	15 - 19	12 - 14	12
15	20	17 – 19	14	11	10 - 11
14	18 – 19	16	13	10	9
12	16 – 17	14 – 15	12	9	6 - 8
10	14 – 15	12 – 13	10 - 11	5 - 8	4 - 5
8	11 – 13	10 – 11	7 - 9	3 - 4	2 - 3
6	9 – 10	7 – 9	4 - 6	1 - 2	1
4	5 – 8	4 – 6	2 - 3	---	---
2	4	3	1	---	---
0	0 – 3	0 – 2	0	0	0

Score /20	Age 20-29 Male (reps)	Age 30-39 Male (reps)	Age 40-49 Male (reps)	Age 50-59 Male (reps)	Age 60 + Male (reps)
20	49 +	37 +	31 +	29 +	28 +
19	48	36	30	28	25 - 27
18	36 – 47	30 – 35	22 - 29	21 -27	18 - 24
17	32 – 35	25 – 29	20 - 21	15 - 20	13 - 17
16	29 – 31	22 – 24	17 - 19	13 - 14	12
15	27 – 28	21	16	11 - 12	11
14	25 – 26	20	15	11	10
12	24	19	13 - 14	10	9
10	21 – 23	16 – 18	12	9	7-8
8	18 – 20	14 – 15	10 -11	7 - 8	6
6	16 – 17	11 – 13	8 - 9	5 - 6	4 - 5
4	11 – 15	8 – 10	5 - 7	4	2 - 3
2	10	7	4	3	1
0	0 – 9	0 – 6	0 - 3	0 - 2	0

## (2 ) Flexibility- Sit and Reach

### *Expectations*

#### *Males/ Females:*

1. Shoes off and legs straight- Insoles of feet 6 inches apart.
2. Hand over hand technique.
3. Exhale and reach as far as you can.
4. Position must be held for at least 2 seconds (two attempts, better of two scores is recorded)



## Standards

Score /10	Age 20-29 Male (cm)	Age 30-39 Male (cm)	Age 40-49 Male (cm)	Age 50-59 Male (cm)	Age 60 + Male (cm)
10	45 +	44 +	41 +	42 +	45 +
9.5	44	43	39-40	40-41	40-44
9	40 – 43	38 – 42	37 - 38	37 - 39	36 - 39
8.5	37 – 39	35 – 37	35 - 36	35 - 36	32 - 35
8	34 – 36	33 – 34	32 - 34	33 - 34	29 - 31
7.5	33	32	29-31	30 - 32	26 - 28
7	32	31	27 - 28	27 - 29	24-25
6	31	29 – 30	25 - 26	25 - 26	22 - 23
5	29 – 30	27 – 28	23 - 24	22 - 24	18 - 21
4	26 – 28	24 – 26	20 - 22	18 - 21	16 - 17
3	23 – 25	21 – 23	16 - 19	15 - 17	14 - 15
2	18 – 22	17 – 20	12 - 15	12 - 14	11 - 13
1	17	16	11	11	10

Score /10	Age 20-29 Female (cm)	Age 30-39 Female (cm)	Age 40-49 Female (cm)	Age 50-59 Female (cm)	Age 60 + Female (cm)
10	46 +	46 +	44 +	44 +	41 +
9.5	45	45	42 - 43	42 - 43	39 - 40
9	41 – 44	41 – 44	40 - 41	40 - 41	37 - 38
8.5	39 – 40	38 – 40	38 - 39	38 - 39	35 - 36
8	37 – 38	36 – 37	36 - 37	36 - 37	33 - 34
7.5	36	35	34 - 35	34 - 35	31 - 33
7	35	34	32 - 33	32 - 33	29 - 30
6	34	33	29 - 31	30 - 31	27 - 28
5	32 – 33	31 – 32	26 - 28	28 - 29	25 - 26
4	29 – 31	28 – 30	24 - 25	25 - 27	23 - 24
3	26 – 28	25 – 27	22 - 23	22 - 24	21 - 22
2	22 – 25	21 – 24	19 - 21	19 - 21	18 - 20
1	21	20	18	18	17
0	0 – 20	0 – 19	0 - 17	0 - 17	0 - 16

### **(3) Core Muscular Endurance**

#### **Expectation**

##### ***Males/ Females***

1. Lie face down on an elevated, firm, stable surface (eg. Bench).
2. The top of hips are at the edge of the surface. The lower body is in contact with the surface, the upper body is not.
3. Have someone hold your lower body securely by the legs.
4. Cross your arms and place your hands on the opposite shoulders.
5. Hold your body in a straight line parallel to the ground.
6. The test is timed and is finished when you can no longer maintain this position.



## Standards

Score /20	Age 20-29 Female (minutes)	Age 30-39 Female (minutes)	Age 40-49 Female (minutes)	Age 50-59 Female (minutes)	Age 60 + Female (minutes)
20	3:00	3:00	3:00	2:36-3:00	2:29-3:00
19	2:51-2:59	2:51-2:59	2:46-2:59	2:13-2:35	2:00-2:28
18	2:41-2:50	2:43-2:50	2:33-2:45	1:50-2:12	1:31-1:59
17	2:32-2:40	2:36-2:42	2:20-2:32	1:38-1:49	1:14-1:30
16	2:24-2:31	2:28-2:35	2:07-2:19	1:26-1:37	0:57-1:13
15	2:15-2:23	2:20-2:27	1:54-2:06	1:14-1:25	0:39-0:56
14	2:04-2:14	2:11-2:19	1:43-1:53	1:06-1:13	0:33-0:38
12	1:53-2:03	2:01-2:10	1:32-1:42	0:56-1:05	0:26-0:32
10	1:42-1:52	1:52-2:00	1:20-1:31	0:47-0:55	0:19-0:25
8	1:30-1:41	1:35-1:51	1:08-1:19	0:37-0:46	0:15-0:18
6	1:18-1:29	1:18-1:34	0:55-1:07	0:26-0:36	0:11-0:14
4	1:06-1:17	1:01-1:17	0:42-0:54	0:15-0:25	0:06-0:10
2	≤1:05	≤1:00	≤0:41	≤0:14	≤0:05
0	0	0	0	0	0

Score /20	Age 20-29 Male (minutes)	Age 30-39 Male (minutes)	Age 40-49 Male (minutes)	Age 50-59 Male (minutes)	Age 60 + Male (minutes)
20	3:00	3:00	2:45-3:00	2:41-3:00	2:00-3:00
19	2:50-2:59	2:43-2:59	2:30-2:44	2:21-2:40	1:53-1:59
18	2:40-2:49	2:27-2:42	2:10-2:29	2:00-2:20	1:44-1:52
17	2:31-2:39	2:13-2:26	1:55-2:09	1:50-1:59	1:35-1:43
16	2:21-2:30	2:01-2:12	1:39-1:54	1:40-1:49	1:26-1:34
15	2:12-2:20	1:48-2:00	1:23-1:38	1:27-1:39	1:17-1:25
14	2:00-2:11	1:42-1:47	1:19-1:22	1:17-1:26	1:09-1:16
12	1:50-1:59	1:36-1:41	1:14-1:18	1:06-1:16	1:01-1:08
10	1:39-1:49	1:31-1:35	1:10-1:13	0:54-1:05	0:52-1:00
8	1:35-1:38	1:19-1:30	0:59-1:09	0:43-0:53	0:42-0:51
6	1:30-1:34	1:07-1:18	0:45-0:58	0:31-0:42	0:30-0:41
4	1:26-1:29	0:56-1:06	0:32-0:44	0:20-0:30	0:20-0:29
2	≤1:25	≤0:55	≤0:31	≤0:19	≤0:19
0	0	0	0	0	0

#### (4) Aerobic Capacity- Treadmill- 2.4 km/ 1.5 Mile Run

##### *Standards*

##### ***Male:***

Score / 50	Age 20-29 Male	Age 30-34 Male	Age 35-39 Male	Age 40-49 Male	Age 50+ Male
50	≤9:00	≤9:20	≤10:06	≤10:54	≤11:59
47.5	9:01 - 9:30	9:21 - 9:50	10:07 - 10:37	10:55 - 11:41	12:00 - 12:51
45	9:31 - 10:00	9:51 - 10:20	10:38 - 11:10	11:42 - 12:17	12:52 - 13:31
42.5	10:01 - 10:30	10:21 - 10:50	11:11 - 11:42	12:18 - 12:52	13:32 - 14:07
40	10:31 - 10:56	10:51 - 11:20	11:43 - 12:14	12:53 - 13:28	14:08 - 14:49
37.5	10:57 - 11:22	11:21 - 11:50	12:15 - 12:47	13:29 - 14:04	14:50 - 15:28
35	11:23 - 11:46	11:51 - 12:20	12:48 - 13:19	14:05 - 14:39	15:29 - 16:07
30	11:47 - 12:10	12:21 - 12:50	13:20 - 13:52	14:40 - 15:15	16:08 - 16:47
25	12:11 - 12:35	12:51 - 13:20	13:53 - 14:24	15:16 - 15:50	16:48 - 17:25
20	12:36 - 12:59	13:21 - 13:50	14:25 - 14:56	15:51 - 16:26	17:26 - 18:05
15	13:00 - 13:30	13:51 - 14:20	14:57 - 15:29	16:27 - 17:02	18:06 - 18:44
10	13:31 - 14:00	14:21 - 14:50	15:30 - 16:01	17:03 - 17:37	18:45 - 19:23
5	14:01 - 14:30	14:51 - 15:20	16:02 - 16:34	17:38 - 18:13	19:24 - 20:02
0	≥14:31	≥15:21	≥16:35	≥18:14	≥20:03

## **(4) Aerobic Capacity- Treadmill- 2.4 km/ 1.5 Mile Run**

### ***Standards***

#### **Female:**

Score / 50	Age 20-29 Female	Age 30-34 Female	Age 35-39 Female	Age 40-49 Female	Age 50+ Female
50	≤10:35	≤11:00	≤11:53	≤13:04	≤14:22
47.5	10:36 - 11:10	11:01 - 11:35	11:54 - 12:31	13:05 - 13:46	14:23 - 15:08
45	11:11 - 11:52	11:36 - 12:10	12:32 - 13:08	13:47 - 14:27	15:09 - 15:53
42.5	11:53 - 12:34	12:11 - 12:45	13:09 - 13:46	14:28 - 15:08	15:54 - 16:38
40	12:35 - 13:00	12:46 - 13:20	13:47 - 14:24	15:09 - 15:50	16:39 - 17:25
37.5	13:01 - 13:26	13:21 - 13:55	14:25 - 15:02	15:51 - 16:32	17:26 - 18:11
35	13:27 - 13:42	13:56 - 14:30	15:03 - 15:40	16:33 - 17:14	18:12 - 18:57
30	13:43 - 13:57	14:31 - 15:05	15:41 - 16:17	17:15 - 17:55	18:58 - 19:42
25	13:58 - 14:12	15:06 - 15:40	16:18 - 16:55	17:56 - 18:21	19:43 - 20:11
20	14:13 - 14:27	15:41 - 16:15	16:56 - 17:33	18:22 - 19:18	20:12 - 21:14
15	14:28 - 14:42	16:16 - 16:50	17:34 - 18:11	19:19 - 20:06	21:15 - 22:00
10	14:43 - 14:57	16:51 - 17:25	18:12 - 18:49	20:07 - 20:41	22:01 - 22:45
5	14:58 - 15:12	17:26 - 18:00	18:50 - 19:26	20:42 - 21:22	22:46 - 23:30
0	≥15:13	≥18:01	≥19:27	≥21:23	≥23:31