



METROPOLITAN POLICE DEPARTMENT

HUMAN RESOURCES DIVISION

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CITY OF ST. LOUIS - 1200 CLARK AVENUE - ST. LOUIS, MISSOURI 63103

PHYSICAL ABILITIES TEST REQUIREMENTS

I, _____, hereby acknowledge that I have been advised that I must be in good physical condition at the time my application for the position of Probationary Police Officer is submitted. I acknowledge that I have been further advised that, if I am not in good physical condition, I may be at risk of physical injury and/or medical difficulties when participating in the Physical Ability Test and on the job and, therefore, should seek the advice of my physician before proceeding in the examination process.

I understand that, for purposes of my employment application, "good physical condition" means:

1. I have no medical condition or risk factor that would be aggravated by exercise or pose an immediate risk when coupled with exercise, have answered "NO" to all seven questions on the PAR-Q questionnaire presented on Page 3 and have none of the major signs or symptoms of underlying risk factors identified on Page 4.

(If you answered YES to any of the seven questions on the PAR-Q, or have any of the major signs or symptoms listed, you should postpone physical testing until medical clearance is obtained.)

2. I have been evaluated with respect to any known medical condition or risk factor, have received certification from my physician specifying that participation in a fitness program and the Physical Ability Test poses no significant risk, and have provided notification of my condition/risk factor and physician certification to the SLMPD.
3. I am taking any prescribed medical or health precautions I am required to take to safely participate in the Physical Ability Test.
4. My weight is within an acceptable range for a person of my height and body structure based on the height-weight scales and/or body fat percentage standards adopted by the Board of Police Commissioners and presented in the height-weight/body fat chart.

I further acknowledge that, in addition to the requirement that I be in "good physical condition," I will also be required to successfully complete the Board's Physical Abilities Test whenever required to do so during the period in which my application is being processed. I understand that failure to pass the Physical Ability Test at any time during the processing period may result in disqualification from the employment process, or in my application being placed in an "inactive" status until such time as I meet the Board's fitness requirements.

PHYSICAL ABILITIES TEST REQUIREMENT

(Continued)

(Check one)

_____ I am in good physical condition as defined above and wish to proceed with the Physical Ability Test at this time. I acknowledge that I have read and understood the factors that can pose a medical/health risk when taking the Physical Ability Test and the requirements for being in "good physical condition". I do understand that the Physical Ability Test is physically demanding and, as with any exercise, poses potential risks which I accept. If my participation in the Physical Ability Test (PAT) results in any physical injury or negative consequence to myself, I agree to release and hold harmless the Board of Police Commissioners, the St. Louis Metropolitan Police Department, their employees, agents, or representatives from all liability, claims, lawsuits, costs, and expenses which could be claimed to result from participation in the PAT, with the exception of any workers compensation benefits to which the undersigned would otherwise be legally entitled.

_____ I would like to postpone my participation in the Physical Ability Test until I secure a physician's certification indicating that I am medically cleared for participation in the Physical Ability Test and/or until I meet all requirements for being in good physical condition (e.g., height-weight/body-fat).

_____ I do not wish to participate in the Physical Ability Test at any time. I understand that this decision disqualifies me from further participation in the St. Louis Metropolitan Police Department selection process.

Applicant's Signature

Date

Witness Signature

Date

**PHYSICAL ABILITIES TEST REQUIREMENT
(Continued)**

Physical Activity Readiness Questionnaire (PAR-Q)¹

	Circle one	
1. Has a doctor ever said you have a heart condition and recommended only medically supervised physical activity?	YES	NO
2. Do you have chest pain brought on by physical activity?	YES	NO
3. Have you developed chest pain within the last month?	YES	NO
4. Do you tend to lose consciousness or fall as a result of dizziness?	YES	NO
5. Do you have a bone or joint problem that could be aggravated by the proposed physical activity?	YES	NO
6. Has a doctor ever recommended medication for your blood pressure or a heart condition?	YES	NO
7. Are you aware, through your own experience or a doctor's advice, of any other physical reason why you should avoid exercising without medical supervision?	YES	NO

If you answered YES to any of these seven questions, vigorous exercise and physical testing should be postponed until medical clearance is obtained.

Question #7 of the PAR-Q is an open-ended question which covers medical and physical problems which make further medical screening necessary. Many individuals may question whether certain conditions are important enough or severe enough to warrant seeing their doctor. The table on the next page provides additional information, including an indication of signs and symptoms suggestive of underlying diseases, risk factors for heart disease which in combination, suggest the need for medical screening, and a list of conditions which may increase the risk of complications during exercise.

¹From: Thomas, S., J. Reading, and R.J. Shephard. *Revision of the Physical Activity Readiness Questionnaire (PAR-Q)*. Canadian Journal of Sport Science 17:338-345, 1992.

**PHYSICAL ABILITIES TEST REQUIREMENT
(Continued)**

Height and Weight

The first part of this section identified medical conditions that would pose a risk to candidates while participating in physical activity. In addition to the medical conditions, there are a number of general health factors which can be used to assess your current level of fitness and help determine whether you are ready to participate in the PAT and perform the physical activities required of police officers on the job. One such factor is to review the height and accompanying weight chart presented below. Falling outside of the weight ranges or the body fat percentage, may not prevent you from participating in the PAT but it may be an indicator of potential risks when participating in the fitness program provided in this guide and during the PAT. If you are concerned about your current weight or amount of body fat or exhibit high levels beyond the guidelines suggested, you should seriously consider consulting a physician and or engaging in a weight control program (see next section) prior to initiating a rigorous fitness program and taking the PAT. In addition, if you have numerous warning signs or fall well outside the desired levels, you may need to reconsider whether you are capable of completing a fitness program and the PAT in the near future, and handling the physical demands of serving as a police officer on a daily basis.

HEIGHT AND ACCOMPANYING WEIGHT RANGES*

MALES		FEMALES	
Height	Weight	Height	Weight
5'0"	106 – 146	5'0"	96 – 138
5'1"	109 – 151	5'1"	99 – 141
5'2"	111 – 155	5'2"	102 - 144
5'3"	114 – 159	5'3"	105 - 149
5'4"	117 – 163	5'4"	108 - 152
5'5"	120 – 167	5'5"	111 - 156
5'6"	124 – 173	5'6"	114 - 160
5'7"	128 – 178	5'7"	118 - 165
5'8"	132 – 183	5'8"	122 - 169
5'9"	136 – 187	5'9"	126 - 174
5'10"	140 – 193	5'10"	130 - 179
5'11"	144 – 198	5'11"	134 - 185
6'0"	148 – 204	6'0"	138 - 190
6'1"	152 - 209	6'1"	142 - 195
6'2"	156 - 215	6'2"	146 - 200
6'3"	160 - 220	6'3"	150 - 205
6'4"	169 - 231	6'4"	154 - 210
6'5"	174 - 238		
6'6"	179 - 247		
6'7"	184 - 256		

*If the desirable weight range is not achieved, you may also want to consider your percentage of body fat. The acceptable percentage of body fat is up to 19% for men and up to 23% for women.

PHYSICAL ABILITIES TEST REQUIREMENT
(COMPONENTS)

Run the perimeter of the Police Academy Gymnasium (approximately 230 yards), then negotiate the following obstacles:

Jump over a one (1) foot hurdle,
Jump over a two (2) feet hurdle,
Negotiate around a cone,
Jump a four (4) feet long jump,
Negotiate around cone,
Walk down a six (6) inch by six (6) inch by eight (8) feet beam,
Negotiate around a cone,
Approach a mat, drop down and touch chest to the floor, stand up and touch shoulder blades to the floor, stand up,
Negotiate around cone,
Jump or climb over a four (4) feet wall,
Negotiate around a cone,
Go up stairs (6 up and 6 down),
Repeat stairs,
Advance to power training machine, push 75 pounds, walk in a semi-circle, pull 75 pounds, walk in a semi-circle,
Drag 150 lb. dummy 50 feet,
Sprint 50 feet, and
Dry fire weapon five (5) times with each hand.

The test is approximately 444 yards or 1/4 of a mile in length. Performing all portions of the test properly and finishing in three (3) minutes and thirty (30) seconds or less will be considered a passing score.

Although the test may appear relatively easy, you are encouraged to thoroughly condition yourself before attempting to take the test. Cardiovascular fitness, strength and endurance would be of particular benefit to you.