



Section 3/700 ♦ Personnel Management		
3 / 712	General Health & Physical Fitness	6/1/96 Rev 10.17.2000
Accreditation Standards	22.3.1/22.3.2	

3 / 712.05 GENERAL HEALTH

A periodic physical examination is a benefit to the employee, the City of Laurel, and its police department. This examination should confirm the employee’s fitness to perform his/her assigned tasks. Periodic physical examinations will also keep employees informed of their general physical fitness.

All personnel are encouraged to undergo periodic examinations at least once every three years in accordance with the provisions of their selected health plans.

Any psychological, psychiatric or medical examination ordered or required by the City, beyond that provided by an employee’s private physician, to determine an employee’s fitness for duty, will be provided at no cost to the employee.

3 / 712.10 PHYSICAL FITNESS–SWORN PERSONNEL

The essential functions and tasks performed by police officers require a level of general health and physical fitness not normally demanded by many other occupations.

In December 1995 the State of Maryland Chiefs of Police Association (MCPA) published physical fitness screening and fitness test battery guidelines based on essential functions and tasks performed by entry-level law enforcement officers. These guidelines were developed by the Systems Design Group following extensive research and a job task analysis of an entry-level law enforcement officer. These guidelines are published in a document titled Task Analysis Study; MD Law Enforcement. The document is on file in the office of the Chief of Police as a resource and reference document.

Although not mandatory, all sworn officers should strive to meet and maintain a minimum level of physical fitness as outlined in the Physical Fitness Chapter, page 170, of this document, as set forth below.

- SIT-UP – Muscular Endurance – the score is the number of bent-leg sit-ups performed in one minute.
- FLEX – Flexibility – The “sit and reach” test measures the range of motion of the lower back and hamstrings. The test involves stretching out

to touch the toes and beyond with extended arms from the sitting position. The score is in inches reached in a yardstick with the 15: mark being at the toes.

- BENCH – Absolute Strength – One (1) repetition maximum bench press using Dynamic Variable Resistance (DVR) protocol. The score is a ratio of weight pressed divided by body weight.
- 1.5 MI RUN – Cardiovascular Capacity – 1.5 mile run. The score is in minutes and seconds.

AGE/SEX	TEST			
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MALE	SIT-UP	FLEX	BENCH	1.5 MI RUN
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20-29	38	16.5	0.99	12:51
30-39	35	15.5	0.88	13:36
40-49	29	14.3	0.8	14:29
50-59	24	13.3	0.71	15:26

FEMALE	SIT-UP	FLEX	BENCH	1.5 MI RUN
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20-29	32	19.3	0.59	15:26
30-39	25	18.3	0.53	15:57
40-49	20	17.3	0.5	16:58
50-59	14	16.8	0.44	17:54

END OF ORDER