



CHATHAM-KENT POLICE SERVICE **RECRUIT PHYSICAL TESTING**

COMPONENTS / SCALES

- 1. PUSH-UPS (Muscular Strength and Endurance)**
- 2. CURL-UPS (Muscular Strength and Endurance)**
- 3. SIT AND REACH (Flexibility)**
- 4. CHIN-UPS / PULL-UPS (Muscular Strength)**
- 5. 100-YARD SPRINT (Anaerobic Capacity and Speed)**
- 6. 1.5 MILE RUN (Aerobic Capacity)**

All six components of the Recruit Physical Test total 130 points. To successfully pass the physical fitness component of the testing, **the applicant must score a total of 97.5 out of 130.**

1. PUSH-UPS (Muscular Strength and Endurance)

Push-ups must be done consecutively and with good form (body and neck straight, hands placed so thumbs are below shoulder, full extension up and chin or nose touching gym mat in down position). Male candidates pivot on toes. Female candidates may pivot on knees.

Score /20	Age 20-29	Age 20-29
	Male	Female
+1	62	49
+1	55	43
20	49	38
19	48	37
18	36 – 47	30 – 36
17	32 – 35	24 – 29
16	29 – 31	21 – 23
15	27 – 28	20
14	25 – 26	18 – 19
12	24	16 – 17
10	21 – 23	14 – 15
8	18 – 20	11 – 13
6	16 – 17	9 - 10
4	11 – 15	5 – 8
2	10	4

Score /20	Age 30 – Over	Age 30 – Over
	Male	Female
+1	50	47
+1	43	41
20	37	37
19	36	36
18	30 – 35	27 – 35
17	25 – 29	22 – 26
16	22 – 24	29 – 32
15	35 – 36	27 – 28
14	32 – 34	22 – 26
12	27 – 31	17 – 21
10	20 – 26	13 – 16
8	14 – 19	4 – 12
6	11 – 13	7 – 9
4	8 – 10	4 – 6
2	7	3

2. CURL-UPS (Muscular Strength and Endurance)

Curl-ups are done with feet flat on the ground and knees at 90 degrees. Hands are on the floor to the side of the body and must slide forward a minimum of 10cm. Shoulder blades must lift off the floor in the up position. Curl-ups are done to a timed cadence/beat.

Score /20	Age 20 – 29	Age 20 – 29
	Male	Female
20	65 – 75	56 – 70
19	54 – 64	44 – 55
18	45 – 53	40 – 43
17	38 – 44	36 – 39
16	32 – 37	33 – 35
15	31	31 – 32
14	28 – 30	28 – 30
12	25 – 27	22 – 27
10	21 – 24	18 – 21
8	14 – 20	13 – 17
6	5 – 13	6 – 12
4	4	5
2	3	4

Score /20	Age 30 – 39	Age 30 – Over
	Male	Female
20	72 – 75	49 – 55
19	66 – 71	42 – 48
18	52 – 65	37 – 41
17	43 – 51	33 – 36
16	37 – 42	29 – 32
15	35 – 36	27 – 28
14	32 – 34	22 – 26
12	27 – 31	17 – 21
10	20 – 26	13 – 16
8	14 – 19	4 – 12
6	3 – 13	3
4	2	2
2	1	1

3. SIT AND REACH (Flexibility)

Candidates are seated with legs straight in front. The candidate reaches out over his/her toes with both hands along a scale.

Sit and Reach (cm)

Score / 10	Age 20 – 29 Male	Age 20 – 29 Female
10	45	46
9.5	44	45
9	40 – 43	41 – 44
8.5	37 – 39	39 – 40
8	34 – 36	37 – 38
7.5	33	36
7	32	35
6	31	34
5	29 – 30	32 – 33
4	26 – 28	29 – 31
3	23 – 25	26 – 28
2	18 – 22	22 – 25
1	17	21

Score / 10	Age 30 – Over Male	Age 30- Over Female
10	44	46
9.5	43	45
9	38 – 42	41 – 44
8.5	35 – 37	38 – 40
8	33 – 34	36 – 37
7.5	32	35
7	31	34
6	29 – 30	33
5	27 – 28	31 – 32
4	24 – 26	28 – 30
3	21 – 23	25 – 27
2	17 – 20	21 – 24
1	16	20

4. CHIN-UPS / PULL-UPS (Muscular Strength)

This component is done from a full hang from a horizontal bar. Chin-ups (palms facing candidate) or Pull-ups (palm- forward grip at shoulder width) are both acceptable. The candidate starts from a full hang and pulls him/herself up so that the eyes are at least even with the bar and then return to full hanging position. Excessive swinging is not permitted and the exercise must be done consecutively with no excessive hold in either the up or hang positions.

Score / 10	Age 20 – 29 Male	Age 20 – 29 Female
+1	12	7
+1	11	6
10	10	5
9	9	
8	8	4
7	7	
6	6	3
5	5	
4	4	2
3	3	
2	2	1
1	1	

Score / 10	Age 30 – Over Male	Age 30 – Over Female
+1	11	6
+1	10	5
10	9	
9	8	4
8	7	
7	6	3
6	5	
5	4	2
4	3	
3	2	1
2	1	
1		

5. 100-YARD SPRINT (Anaerobic Capacity and Speed)

Score / 20	Age 20 – 29 Male	Age 20 – 29 Female
20	10.5	13
<u>19</u>	<u>11</u>	<u>13.5</u>
18	11.5	14
<u>17</u>	<u>12</u>	<u>14.5</u>
16	12.5	15
<u>15</u>	<u>13</u>	<u>15.5</u>
14	13.5	16
<u>12</u>	<u>14</u>	<u>16.5</u>
10	14.5	17
<u>8</u>	<u>15</u>	<u>17.5</u>
6	15.5	18
<u>4</u>	<u>16</u>	<u>18.5</u>
2	16.5	19

Score / 20	Age 30 – Over Male	Age 30 – Over Female
20	11	13.5
<u>19</u>	<u>11.5</u>	<u>14</u>
18	12	14.5
<u>17</u>	<u>12.5</u>	<u>15</u>
16	13	15.5
<u>15</u>	<u>13.5</u>	<u>16</u>
14	14	16.5
<u>12</u>	<u>14.5</u>	<u>17</u>
10	15	17.5
<u>8</u>	<u>15.5</u>	<u>18</u>
6	16	18.5
<u>4</u>	<u>16.5</u>	<u>19</u>
2	17	19.5

6. 1.5 MILE RUN (Aerobic Capacity)

Score / 50	Age 20 – 29 Male	Age 20 – 29 Female
50	under – 9:00	under – 10:35
47.5	9:01 – 9:30	10:36 – 11:10
45	9:31 – 10:00	11:11 – 11:52
42.5	10:01 – 10:30	11:53 – 12:34
40	10:31 – 10:56	12:35 – 13:00
37.5	10:57 – 11:22	13:01 – 13:26
35	11:23 – 11:46	13:27 – 13:42
30	11:47 – 12:10	13:43 – 13:57
25	12:11 – 12:35	13:58 – 14:12
20	12:36 – 12:59	14:13 – 14:27
15	13:00 – 13:30	14:28 – 14:42
10	13:31 – 14:00	14:43 – 14:57
5	14:01 – 14:30	14:58 – 15:12

Score / 50	Age 30 – Over Male	Age 30 – Over Female
50	under – 9:20	under – 11:00
47.5	9:21 – 9:50	11:01 – 11:35
45	9:51 – 10:20	11:36 – 12:10
42.5	10:21 – 10:50	12:11 – 12:45
40	10:51 – 11:20	12:46 – 13:20
37.5	11:21 – 11:50	13:21 – 13:55
35	11:51 – 12:20	13:56 – 14:30
30	12:21 – 12:50	14:31 – 15:05
25	12:51 – 13:20	15:06 – 15:40
20	13:21 – 13:50	15:41 – 16:15
15	13:51 – 14:20	16:16 – 16:50
10	14:21 – 14:50	16:51 – 17:25
5	14:51 – 15:20	17:26 – 18:00