

SCOTT W. MACDONALD

CHIEF OF POLICE

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**ORLEANS POLICE DEPARTMENT**

99 ELDREDGE PAK WAY

ORLEANS MASSACHUSETTS 02653-3307

**ENTRY LEVEL FITNESS STANDARDS**

The entry level fitness standards established by the Municipal Police Training Committee (MPTC) are in keeping with the 30th percentile of the Cooper Aerobics Institute’s norms. There are four (4) tests that each candidate will have to pass in order to granted entry to any MPTC academy or MPTC approved academy.

**Timed one (1) minute pushups**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Age:** | **20 – 29** | **30 – 39** | **40 – 49** | **50 – 59** | **>=60** |
| **Females\*** | 20 | 15 | 10 | 9 | 3 |
| **Females+** | 13 | 9 | 7 | No Data | No Data |
| **Males** | 26 | 20 | 15 | 10 | 8 |

\*Females are permitted to use the modified pushup position

+Females performing full body pushups

**Timed one (1) minute sit-ups**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Age:** | **20 – 29** | **30 – 39** | **40 – 49** | **50 – 59** | **>=60** |
| **Females:** | 30 | 22 | 17 | 12 | 4 |
| **Males:** | 35 | 32 | 27 | 21 | 17 |

**Timed 300 Meter Run (Measured in seconds)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Age:** | **20 – 29** | **30 – 39** | **40 – 49** | **50 – 59** | **>=60** |
| **Females:** | 75 | 82 | 107 | No Data | No Data |
| **Males:** | 62 | 63 | 77 | 87 | No Data |

**Timed 1.5 mile run / walk**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Age:** | **20 – 29** | **30 – 39** | **40 – 49** | **50 – 59** | **>=60** |
| **Females:** | 15:52 | 16:38 | 17:22 | 18:59 | 21:20 |
| **Males:** | 13:16 | 13:46 | 14:34 | 15:58 | 17:38 |