

**MARSHFIELD POLICE DEPARTMENT
MEDICAL CLEARANCE FORM**

NAME _____

Individuals working in the field of public safety (police, fire fighters, etc.) are required to perform a variety of essential demanding tasks including the following:

- Walking for extended periods
- Short sprints
- Long-pursuit running lasting over two minutes
- Running up and down stairs
- Pushing heavy objects
- Jumping over and around obstacles
- Lifting and carrying objects sometimes up and down stairs
- Using hands and feet in use-of-force situations
- Using force in short- and long-term (greater than two minutes) efforts
- Bending and reaching
- Dragging people and objects

To measure an individual's capability to perform these critical tasks, applicants and incumbents must undergo a physical fitness test consisting of the following five items:

1. 1.5 mile run to measure aerobic power
2. 300 meter run to measure anaerobic power
3. Maximum push up to measure upper body muscular endurance
4. 90 Second sit up to measure abdominal muscular endurance
5. Vertical jump to measure leg power

Your professional opinion is requested as to whether the individual can safely participate in physical fitness testing and exercise training.

PLEASE CHECK ONE:

_____ There **are no contraindications** to the individual: 1) being capable of performing the essential physical tasks and 2) being capable of undergoing the physical fitness test items.

_____ There **are contraindications** and it is not recommended that the individual participate in the physical fitness testing or exercise training at this time.

PHYSICIAN'S SIGNATURE _____

DATE _____

Marshfield Police Department Physical Fitness Requirements

Each individual is required to compete in five areas of physical fitness: 300 meter run, 1.5 mile run, sit-ups, push-ups, and vertical jump. To pass each participant must score a total of **15** points as outlined below.

300 Meter Run

Score	Times
-2	75 and over
-1	74-73
0	72-71
1	70-69
2	68-67
3	66-65
4	64-62
5	61-58
6	57-54
7	53-50
8	49-46
9	45-42
10	41 and under

1.5 Mile Run

Score	Times
-2	17:59 and over
-1	17:58-17:28
0	17:27-16:57
1	16:56-16:26
2	16:25-15:55
3	15:54-15:24
4	15:23-14:43
5	14:42-14:02
6	14:01-13:01
7	13:00-12:00
8	11:59-10:59
9	10:58-9:58
10	9:57 and under

Push-Ups

Your hands will be placed on the floor, slightly wider than shoulder width apart. Start in the up position with your elbows fully extended, feet no more than 12 inches apart, and your weight supported by your arms and toes. You must keep your back straight at all times and lower your upper body to come within a closed fist distance of the ground then return to the up position with arms fully extended to be counted as a proper push-up. Resting must be done in the UP position. If you rest in the down position, this component of the test will be terminated. This test is not timed.

Score	Range
-2	12 and below
-1	13-14
0	15-16
1	17-20
2	21-24
3	25-28
4	29-34
5	35-40
6	41-46
7	47-53
8	54-60
9	61-67
10	68 and over

Sit-Ups

Your feet will be held down with your monitor's hands or knees. Your legs may not be held behind your calves. Your hips must remain on the floor at all times (do not lift your hips off the floor to gain momentum). Your shoulder blades must touch the floor between each repetition. In the up position, you will touch your elbows to your knees or thighs and return down until your shoulder blades touch the floor (your hands must stay in contact with your shoulders/chest at all times). This will count as one sit-up. This is a **ONE MINUTE** timed test.

Score	Range
-2	16 and below
-1	17-18
0	19-21
1	22-25
2	26-29
3	30-33
4	34-37
5	38-41
6	42-45
7	46-49
8	50-53
9	54-57
10	58and over

Vertical Jump

Both feet will be shoulder width apart, you will then jump vertically. Both feet must stay stationary prior to the jump (you may not take one step prior to the jump).

Score	Range
-2	10 and below
-1	11
0	12
1	13
2	14
<i>3</i>	<i>15-16.99</i>
4	17-18.99
5	19-20.99
6	21-22.99
7	23-24.99
8	25-26.99
9	27
10	28