



ORLEANS POLICE DEPARTMENT

99 ELDREDGE PAK WAY
ORLEANS MASSACHUSETTS 02653-3307

SCOTT W. MACDONALD
CHIEF OF POLICE
TEL. 508-255-0117
FAX. 508-240-1374

ENTRY LEVEL FITNESS STANDARDS

The entry level fitness standards established by the Municipal Police Training Committee (MPTC) are in keeping with the 40th 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*	23	19	13	12	5
Females+	15	11	9	No data	No data
Males	29	24	18	13	10

*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:	32	25	20	14	6
Males:	38	35	29	24	19

Timed 300 Meter Run (Measured in seconds)

Age:	20 – 29	30 – 39	40 – 49	50 – 59	>=60
Females:	71	79	94	No data	No data
Males:	59	59	72	84	No data

Timed 1.5 mile run / walk

Age:	20 – 29	30 – 39	40 – 49	50 – 59	>=60
Females:	14:50	15:38	16:21	18:07	20:06
Males:	12:38	13:04	13:49	15:03	16:46

Please note that beginning the 8th week of the police academy all student officers will be required to pass the 30th percentile of the Cooper Institutes norms. If the student officer fails they will be allowed to try again during week 10. If the student officer fails week 10 that student officer will be separated from the academy.

Should anyone have any questions or need clarification please contact:

Deputy Chief Diamond
99 Eldredge Park Way
Orleans, MA 02653
sdiamond@orleanspd.com
508-255-0117 x 1103