

**ANNE ARUNDEL COUNTY  
PRE-EMPLOYMENT PHYSICAL AGILITY TEST FOR  
POLICE OFFICER**

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**DOCTOR'S CERTIFICATION OF FITNESS TO PERFORM  
PHYSICAL AGILITY TEST**

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I have reviewed the attached four elements of the Anne Arundel County Physical Agility Test for the position of Police Officer and certify that the candidate listed below is under my care and is able to perform the elements of the test safely.

Candidate's Name: \_\_\_\_\_

Agency to Which  
Application is Made: \_\_\_\_\_

Date of Examination: \_\_\_\_\_

Doctor's Signature: \_\_\_\_\_

Name Printed/Typed: \_\_\_\_\_

Address & Phone Number: \_\_\_\_\_

\_\_\_\_\_

This form will expire six (6) months from date of examination. Upon expiration, a new certification form must be completed before further processing.

**\*\*\*\*\*IMPORTANT\*\*\*\*\***

**Candidate, you must bring this form with you when you report for the Physical Agility Test. Without this form, you will NOT be tested.**

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**SUGGESTIONS FOR PREPARATION FOR THE TESTS**

It is suggested that you consult your physician regarding the steps and exercises outlined below to determine if in his or her opinion it is safe for you to follow the suggested regimen and perform these exercises. Also, you may wish to find out if he or she recommends an alternative regimen and/or exercises.

Preparing for the MUSCULAR/ENDURANCE test:

The progressive routine is to do as many bent-leg sit-ups (Arms folded across chest with someone holding your feet) as possible in one minute. At least three times per week try three sets (three groups of the number of repetitions you did in one (1) minute).

Preparing for the FLEXIBILITY test:

Performing sitting types of stretching exercises daily will increase flexibility. There are two suggested exercises:

Sit-and-Reach – Try five (5) repetitions of this exercise. Sit on the ground with legs straight. Slowly bend forward at the waist and extend the fingertips toward the toes while keeping the legs straight. Hold for ten (10) seconds.

Towel Stretch – Sit on the ground with the legs straight. Wrap a towel around the feet holding the ends with each hand. Lean forward and pull gently on the towel extending the torso toward the toes.

Preparing for the ABSOLUTE STRENGTH test:

If you have access to weights, determine the maximum weight that you can safely bench press one time. Take 60% of that poundage. This will be your training weight. Try to do 8-10 repetitions of that training weight. Do three (3) sets of 8-10 repetitions adding between 2 ½ - 5 pounds every week.

If you do not have access to weights, then try as many push-ups as safely as possible in one minute. At least three (3) times per week, try three sets (three groups of the number of repetitions you did in one minute.)

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Preparing for the CARDIOVASCULAR CAPACITY test:

Below is a gradual schedule that may enable you to perform a maximum effort for the 1.5 mile run. If you can advance the schedule on a weekly basis, then proceed to the next level. If you can do the distance in less time, then try to maintain or lessen your time in future attempts.

<b>WEEK</b>	<b>ACTIVITY</b>	<b>DISTANCE</b>	<b>TIME</b>	<b>FREQUENCY</b>
1	Walk	1.5	25-29	5
2	Walk	2	28-30	5
3	Walk/Jog	2	26	5
4	Walk/Jog	2	24	4
5	Jog	2	22	4
6	Jog	2	20	4

**\*\*\*\*\*IMPORTANT\*\*\*\*\***

**Begin your exercise immediately to maximize  
your opportunity to succeed!!**

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Part of your application processing will be a four part, Physical Agility Test. Below is a list of all four parts, not necessarily in order. This is a Pass/Fail test. Failure of any one section is a disqualification. You should wear rubber-soled shoes and clothing suitable for the following listed activities.

**Pre-Employment Physical Agility Test Battery**

**Description of Tasks:**

- **Sit-Ups: Muscular Endurance** – Assume a reclining position, legs extended and slightly bent arms folded on chest. Sit up to a full upright position, upper torso of the body is now vertical. Return to original reclining position until the shoulder blades touch the floor for completion of one repetition. 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 a sitting position. The score is in inches reached on a yardstick, with the 15” mark being at the toe.
- **Bench: Absolute Strength** – One repetition maximum bench press, using Dynamic Variable Resistance Protocol (Universal Weight System). The score is a ratio of weight pressed divided by body weight.
- **1.5 Mile Run**: Cardiovascular Capacity – 1.5 Mile Run. The score is measured in minutes and seconds.

On the test date, please arrive at the Police Academy dressed in appropriate clothing for the test. You must bring the following items with you:

- Photo Identification
- Doctor’s Waiver
- Legal Waiver

If you do not have these items, you will not be allowed to participate in the testing.

Good luck.

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**Minimum Scores for Entrance as a Police Officer.  
Minimum Scores for each test reflect the same standard applied to all  
candidates.**

**AGE/SEX**

<b>Male (Age)</b>	<b>Sit-ups</b>	<b>Flex</b>	<b>Bench %</b>	<b>1.5 Mile Run (Minutes)</b>
20-29	38	16.5 in.	99	12:51
30-39	35	15.5	88	13:36
40-49	29	14.3	80	14:29
50-59	24	13.3	71	15:26

<b>Female (Age)</b>	<b>Sit-ups</b>	<b>Flex</b>	<b>Bench %</b>	<b>1.5 Mile Run (Minutes)</b>
20-29	32	19.3	59	15:26
30-39	25	18.3	53	15:57
40-49	20	17.3	50	16:58
50-59	14	16.8	44	17:54

**Note: This is a pass/fail test. Failure of any one section of a disqualification and you may be allowed to retest in six (6) weeks.**

## **DIRECTIONS:**

**TO: Anne Arundel County Police Academy  
3737 Elmer F. Hagner Lane  
Davidsonville, MD 21035**

### From the North:

Route 695 to I-97 South  
I-97 South to Route 50 West exit  
Route 50 West approximately 4 miles to Route 424 exit  
Left on Route 424 South toward Davidsonville  
Travel approximately 4 miles to Route 214  
Turn right onto Route 214 traffic light and follow local area directions

### From the East:

Route 50 West from the Bay Bridge to Route 424  
Route 424 South toward Davidsonville to Route 214  
Turn right at Route 214 traffic light and follow local area directions

### From the West:

Route 50 East from Prince George's County to Route 424  
Route 424 South toward Davidsonville to Route 214  
Turn right at Route 214 traffic light and follow local area directions

### From the South:

Route 3 North to Route 424  
Turn right onto Route 424 South toward Davidsonville to Route 214  
Turn right onto Route 214 traffic light and follow local area directions

## **LOCAL AREA DIRECTIONS:**

From Route 214 and Route 424  
Route 214 West approximately 1 mile to Queen Anne Bridge Road  
Turn left onto Queen Anne Bridge road (across from Davidsonville  
Elementary School)  
Travel approximately 1.5 miles to Wayson Road  
Turn left onto Wayson Road  
Travel approximately 100 yards and turn left onto Elmer F. Hagner Lane  
Continue on Elmer F. Hagner Lane approximately .5 miles  
Enter double chain link gate  
Follow drive to gym area at the top of the hill.

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**Legal Waiver Form**

I, \_\_\_\_\_, (Print Name) execute this Waiver and Release in favor of Anne Arundel County, Maryland, and its departments, officers, employees, agents, assigns and insurers (herein called "the County").

I, the undersigned, hereby request permission to take the Physical Agility Test as part of my application for employment as a Police Officer for Anne Arundel County, Maryland. I am fully aware of the risks and the dangers involved, and that unanticipated and unexpected dangers may arise during such activities and I agree to assume all risks of injury to my person and property that may be sustained in connection with preparing for and taking said test.

In consideration for being permitted to take this test, I, myself, my heirs, legal representatives and assigns, release and hold harmless the County from all claims, demands and causes of action for all damage, bodily injury or liability of any kind that might accrue to me or arise out of this activity. I hereby agree not to bring suit or other legal action, either State or Federal, based upon any claims against the County arising directly or indirectly from my participation in the test.

By signing below, I acknowledge that I have read and fully understand the terms of this Release and that I have received and read a copy of the testing protocol. My agreement to this release and attendance, participation and preparation for this test is voluntary.

Signature: \_\_\_\_\_ Notary \_\_\_\_\_

Printed Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_ Commission Expiration: \_\_\_\_\_

\_\_\_\_\_

**[Notary Seal]**