

 ROCKFORD POLICE DEPARTMENT GENERAL ORDER - NUMBER 30.08 -		DISTRIBUTION ALL PERSONNEL	PAGE 1 OF 4
ORDER TITLE PHYSICAL FITNESS AND EXAMINATIONS	SERIES NO. 30	SERIES TITLE / SUBJECT PERSONNEL PROCESS	
TOPICS / REFERENCE Conditioning, Examinations, Exercise, Fitness		APPENDICES NONE	
EFFECTIVE / ORIGINAL ISSUE DATE October 24, 2005	REISSUE/ EFFECTIVE DATE April 18, 2011	EXPIRATION DATE This order remains in effect until revised or rescinded	
CALEA (5th Edition Standards) 22.3.1 • 22.3.2			

POLICY

It is the policy of the Rockford Police Department to strongly encourage all personnel to maintain a satisfactory level of general health and physical fitness for their own well being. The function of law enforcement can frequently require a level of fitness not demanded by many other occupations. Proper physical fitness allows personnel to perform more effectively and may reduce the need for sick leave due to injury or illness. Furthermore, satisfactory general health and physical fitness may positively affect mental health and aid in reducing stress and anxiety associated with the law enforcement profession.

PURPOSE

The purpose of this General Order is to establish the Department's policy on physical examinations and physical fitness of Department sworn personnel.

This General Order is comprised of the following numbered sections:

- I. PHYSICAL EXAMINATIONS**
- II. PHYSICAL FITNESS**
- III. FITNESS FACILITY**
- IV. EFFECTIVE DATE**
- V. REVIEWS, REVISIONS AND CANCELLATIONS**

I. PHYSICAL EXAMINATIONS

- A.** The Department encourages all personnel to receive physical examinations on a regular basis.
- B.** Entry-level physical examinations are required for all sworn personnel. This is to ensure general fitness to perform the tasks of their assignments, not to identify personnel with disabilities.
- C.** The Department will pay for all physical examinations required by the Department.

II. PHYSICAL FITNESS

- A.** Physical fitness should be a personal and professional goal of all personnel.
 - 1. Research and statistical evidence proves that physical fitness and a proper diet improve health and performance.
 - 2. It is recognized that one single program will not meet the needs of all personnel. Therefore, the Department recommends a voluntary and varied physical fitness program for all personnel.
- B.** The Department recommends all sworn personnel strive to meet the standards adopted by the Illinois Law Enforcement Training Standards Board, which are identifiable, job-related and achievable.
 - 1. Sworn personnel must meet the standards set by the Board to successfully complete basic training and become certified as a police officer.
 - 2. All sworn personnel are encouraged, but not mandated, to meet and maintain these standards.
 - 3. Prior to implementation of any personalized physical fitness program, an employee is encouraged to obtain a medical examination from their personal physician.
- C.** Physical fitness measurements adopted by the Illinois Law Enforcement Training Standards Board are as follows:
 - 1. Sit and Reach Test
 - a. This test measures flexibility of the lower back and upper leg area.
 - b. It is an important area for performing police tasks involving range of motion and is important in minimizing lower back problems.
 - c. The test involves stretching out to touch the toes or beyond with extended arms from the sitting position.
 - d. The score is in the inches reached on a yardstick.
 - 2. One-Minute Sit-up Test
 - a. This test measures the muscular endurance of the abdominal muscles.
 - b. It is an important area for performing police tasks that may involve the use of force, and is an important area for maintaining good posture and minimizing lower back problems.
 - c. The score is the number of bent leg sit-ups performed in one minute.
 - 3. One Repetition Maximum Bench-Press
 - a. This is a maximum weight pushed from the bench press position and measures the amount of force the upper body can generate.
 - b. It is an important area for performing police tasks requiring upper body strength.
 - c. The score is a ratio of weight pushed divided by body weight.

4. 1.5 Mile Run
 - a. This is a timed run to measure the heart and vascular systems' capability to transport oxygen.
 - b. It is an important area for performing police tasks involving stamina and endurance and to minimize the risk of cardiovascular problems.
 - c. The score is in minutes and seconds.
5. The minimum standards are pass/fail and are as follows:

Test	Male				Female				
	(Age)	20-29	30-39	40-49	50-59	20-29	30-39	40-49	50-59
Sit and Reach		16.0	15.0	13.8	12.8	18.8	17.8	16.8	16.3
One Minute Sit-up		37	34	28	23	31	24	19	13
Max Bench-press Ratio		.98	.87	.79	.70	.58	.52	.49	.43
1.5 Mile Run		13.46	14.31	15.24	16.21	16.21	16.52	17.53	18.44

III. FITNESS FACILITY

- A. Department personnel are encouraged to utilize the exercise room located in the basement of the Public Safety Building.
- B. Equipment is not to be removed from the exercise room.
- C. Personnel are responsible for the cleanliness of the exercise room.
- D. Weights are to be placed on appropriate racks when not being used.
- E. Dumbbells and weight plates may be placed on the floor between sets; however, they should not be placed on padded benches and must be replaced on the racks when the user is finished.
- F. Olympic bars are to be left stripped of weight plates when the user is finished. Collars are strongly encouraged when using Olympic bars.
- G. Any broken or unsafe equipment should be reported to the Shift Commander or to the Deputy Chief of the Administrative Services Bureau.

IV. EFFECTIVE DATE

- A. The Department's policy on Physical Fitness and Examinations became effective on October 24, 2005.

V. REVIEWS, REVISIONS AND CANCELLATIONS

- A.** This General Order will be reviewed each **April** by the **Supervisor of Training and Personnel Unit** and, when necessary, revised or cancelled in accordance with the procedures for reviewing written directives established in General Order *10.01 – Written Directives*.
- B.** This order is a revision of and supercedes General Order *30.08 – Physical Fitness and Examinations* issued October 24, 2005.
- C.** Any employee with suggestions for revisions and/or improvements to this order are encouraged to submit their ideas to the **Deputy Chief of the Administrative Services Bureau**

BY ORDER OF

Chet Epperson
Chief of Police