

**TOWNSHIP OF WASHINGTON  
FRANKLIN COUNTY, PENNSYLVANIA**

**RESOLUTION NO. 765**

**OF THE BOARD OF SUPERVISORS OF THE TOWNSHIP OF WASHINGTON,  
FRANKLIN COUNTY, PENNSYLVANIA, AMENDING, REVISING AND UPDATING THE  
WASHINGTON TOWNSHIP POLICE DEPARTMENT RULES AND REGULATIONS.**

WHEREAS, the Township of Washington has established Rules and Regulations for the Washington Township Police Department; and

WHEREAS the Police Department Rules and Regulations in Resolution 298 and was most recently amended by Resolution No. 694, dated March 18, 2019, and Resolution No. 713, dated January 6, 2020; and

WHEREAS the Board of Supervisors desires to amend/update certain sections of the Police Department Rules and Regulations.

NOW, THEREFORE, the Board of Supervisors of the Township of Washington does hereby resolve as follows:

**Rules and Regulations §207 – PHYSICAL FITNESS REQUIREMENTS**

*Omit #1 that includes the "Height/Weight" Chart and replace with the below text*

**1. PHYSICAL ABILITY TEST**

The Washington Township Police Department shall require all applicants for the position of Police Officer to pass a minimum Physical Fitness Assessment and Obstacle Course, if applicable, to be eligible to take the department's written test.

The Physical Assessment has as its foundation the Municipal Police Officer's Education and Training Commission's police academy pre-enrollment physical assessment that is based upon Cooper Standards. Entrance to the academy requires the cadet to meet the standards (30% Cooper) prior to enrollment. The Washington Township Police Department will adopt these same standards and require applicants to meet the academy entrance fitness test requirements by assessing sit-ups, 300-meter Run, Push-ups, and a 1.5-mile Run.

**Physical Fitness Assessment Standards**

| Assessment - 30% Cooper | Male Standards by Age |       |       |       |       |
|-------------------------|-----------------------|-------|-------|-------|-------|
|                         | 18-29                 | 30-39 | 40-49 | 50-59 | 60+   |
| Sit-up (1 Minute Reps)  | 35                    | 32    | 27    | 21    | 17    |
| 300 Meter Run (Time)    | 62.1                  | 63    | 77    | 87    | 87    |
| Push-up (1 Minute Reps) | 26                    | 20    | 15    | 10    | 10    |
| 1.5 Mile Run (Time)     | 13:15                 | 13:44 | 14:34 | 15:50 | 15:50 |

| Assessment - 30% Cooper | Female Standards by Age |       |       |       |       |
|-------------------------|-------------------------|-------|-------|-------|-------|
|                         | 18-29                   | 30-39 | 40-49 | 50-59 | 60+   |
| Sit-up (1 Minute Reps)  | 30                      | 22    | 17    | 12    | 4     |
| 300 Meter Run (Time)    | 75                      | 82    | 106.7 | 106.7 | 106.7 |
| Push-up (1 Minute Reps) | 13                      | 9     | 7     | 7     | 7     |
| 1.5 Mile Run (Time)     | 15:46                   | 16:42 | 17:29 | 19:10 | 19:10 |

#### A. Assessment Testing Overview

##### a. Physical Fitness Assessment

##### i. Testing Order

1. 1 Minute Sit-up
2. 300 Meter Run
3. 1 Minute Push-up
4. 1.5 Mile Run

- b. This is a cumulative test, and all events must be completed before advancing to the Obstacle Course, if applicable. All applicants will complete one assessment at a time and actual times or repetitions for each event should be documented on the PT assessment form regardless of what score was achieved.
- c. The applicant's score on an assessment is calculated using the lowest score the applicant attains on any one of the four assessed events. To receive a score of 30% the applicant must meet or exceed the 30% standard for all four events within one assessment.
- d. Any applicant who is unable to complete the assessment or fails to receive a score of 30% in any of the four events shall be deemed to have failed and shall not advance to the next event of testing.
- e. The testing site shall have the following in proximity:
  - i. Basic First Aid Kit
  - ii. Water and Restroom Facilities
  - iii. Accessible line of communication to summon emergency medical services if required
  - iv. Ambulance (Optional on stand-by for the duration of the testing)

#### B. Fitness Assessment Administration

- a. Prior to administering the fitness assessment, the lead assessor must ask each applicant if they are feeling well and are ready to take the fitness assessment. Any illness or existing injury shall be documented on the PT assessment form.
- b. Any applicant who indicates they are not able to participate in the fitness assessment shall be deemed to have failed and shall not advance to the next event of testing.
- c. The Assessment

**i. One (1) Minute Sit-up**

1. This is a test of abdominal muscular endurance.
2. Equipment: Two (2) stopwatches and floor mats.
3. Read the protocols to the participants and demonstrate the event, pointing out common errors.
4. Participants start by lying flat on their back on a floor mat. Their knees should be bent at approximately a 90° angle with the soles of their feet flat on the ground. Participant's hands should be placed behind their head with the fingers interlocked. The hands may not be on the top of the head or on the neck. To avoid pulling on the neck, the head should remain in a neutral position.
5. Another individual will hold the applicant's feet down firmly.
6. Upon the command "Begin" by the event timer, participants will have one (1) minute to complete the required number of correct repetitions. For a repetition to count, the participant must curl their upper body until their elbows contact their knees, and then return down until their shoulder blades contact the floor mat. Breathing should remain normal throughout the exercise. Participants' buttocks shall remain flat on the ground to avoid "kipping" of the hips and the fingers must remain interlocked. All resting must be done in the "up" position, otherwise the test is terminated.
7. An observer who is not holding a participant's feet will count repetitions and time the event. The event timer will verbally announce the "30 seconds" mark, the "45 seconds" mark, and then count down the final five (5) seconds of the event.
8. The event can be ended by the completion of the required number of correct repetitions, by the event timer with the elapsing of one (1) minute, or by the participants' inability to complete the required number of correct repetitions.
9. The total number of correct sit-ups in one minute is recorded as the score.

**ii. 300 Meter Run**

1. This is a test of anaerobic power.
2. Equipment: Two (2) stopwatches and a flat measured surface. The timer will keep and operate an official stopwatch and a back-up stopwatch. The event is measured in seconds.
3. Read the protocols to the participants and demonstrate the event, pointing out common errors. Participants should be given three (3) to five (5) minutes to warm-up.

4. Establish start and finish lines. The starter should position participants at the starting line. The timer will take a position at the finish line.
  5. The timer will begin recording the event time on the command "Go" and continue until participants cross the finish line.
  6. To successfully complete this event, participants must finish the course at or under the required time for their age and gender.
  7. Conversion Data:
    - a. 300 Meters = 328 Yards = 984 Feet.
    - b. Yards X 0.9144 = Meters.
    - c. Meters X 1.0933 = Yards.
  8. The exact time to the nearest tenth of a second is recorded as the score.
- iii. **One (1) Minute Full Body Push-up**
1. This test measures muscular endurance of the upper body (anterior deltoid, pectoralis major, and triceps)
  2. Equipment: Two (2) stopwatches
  3. Read the protocols to the participants and demonstrate the event, pointing out common errors.
  4. Participants shall place their hands slightly wider than shoulder width apart, with fingers pointing forward, palms of the hand touching the ground/floor/mat. (Knuckle or fingertip push-ups are not permitted for this test.) Participants start the event in the up position.
  5. One observer will place a fist on the floor below the participant's chest. The following procedure shall be used if a male is testing a female, or a female is testing a male. Prior to administering the test, a three-inch sponge should be placed on the floor or ground where the sternum would touch.
  6. Starting from the up position (elbows extended), the participant must always keep the back straight and lower the body to the floor until the chest touches the observer's fist, sponge, or when the participant's elbows reach a 90-degree angle. The participant then returns to the up position. This completes one repetition. (The Cooper Institute does NOT recommend using the Modified Push-up Test.)
  7. Resting must only be done in the up position. Both hands and feet (toes) must always remain in contact with the floor. Participants must not arch their back during the test.

8. One observer should count the repetitions and ensure the test is being performed according to the protocol. The other instructor should time the event. The event timer will verbally announce the "30 seconds" mark, the "45 seconds" mark, and then count down the final five (5) seconds of the event.
9. The event can be ended by the completion of the required number of correct repetitions, by the event timer with the elapsing of one (1) minute, or by the participants' inability to complete the required number of correct repetitions.
10. The total number of correct push-ups in one minute is recorded as the score.

iv. **1.5 Mile Run**

1. This is a test of aerobic capacity or  $VO_2$ max.
2. Equipment: Two (2) stopwatches and a flat measured surface. The timer will keep and operate an official stopwatch and a back-up stopwatch. The event is measured in seconds.
3. Read the protocols to the participants and demonstrate the event, pointing out common errors. Participants should not eat a heavy meal or smoke for at least two (2) to three (3) hours prior to the test. Participant should be given three (3) to five (5) minutes to warm-up.
4. Establish start and finish lines. An observer should position participants on the starting line. The timer will take a position at the finish line.
5. The timer will begin recording the event time on the command "Go" and continue until participants cross the finish line.
6. To successfully complete this event, participants must finish the course at or under the required time for their age and gender.
7. During the event, participants may not be physically assisted by another runner or leave the running surface. Participants may not wear headsets or earphones.
8. Recommendation: Running on a standard 440-yard oval track provides participants with the maximum advantage in that they are required to complete six equal laps. This allows the starter/timer to provide participants with lap times for each lap which makes it possible to accurately judge their progress throughout the run. However, in the event a track is not available a flat measured surface may be used with the approval of the Chief of Police.
9. Conversion Data:

- a. 5,280 Feet = 1,760 Yards = 1,609.3 Meters = 1.0 Mile.
- b. 7,920 Feet = 2,640 Yards = 2,414.0 Meters = 1.5 Miles.

10. The exact time to the nearest second is recorded as the score.

## 2. Obstacle Course

If the physical ability testing process occurs between the months of May through November, the department may, at the discretion of the Chief of Police, require applicants to complete

### A. Physical Agility Test:

Candidates shall wear the following during the testing:

Supplied by the department: Utility belt, handcuffs (1 pair), gun in holster (inoperable weapon), magazine pouch with two fully loaded magazines.

Supplied by the candidate: Sport shoes are recommended, pants with belt loops and a belt.

Events:

1. Patrol Car - Wearing a police utility belt and the equipment listed above, the candidate will sit in the driver's seat in a squad car with the doors closed and the windows rolled down and await further instructions.

2. Physical Description - A test monitor will give the candidate a verbal instruction (via the police radio) to pursue a fleeing felony suspect by providing a description of what the suspect is wearing (for example, a baseball hat and red t-shirt. The test monitor will provide two pieces of descriptive information. Finally, the test information. Finally, the test monitor will inform the candidate to "BEGIN". At this time, the candidate will begin subsequent events.

3. Run - The candidate will get out of the car and begin the run which is a total of 130 yards. The stopwatch will be engaged once the car door opens. It does not matter if the candidate closes the door or not.

4. Fence Climb - At some point, approximately midway through the 130 yards, the candidate will encounter a 6-foot fence. The candidate must climb over the fence. The candidate will not be allowed to go around the fence.

5. Crawl Under Tables - On the other side of the fence there will be two standard size office folding tables placed next to each other under which the candidate must crawl.

6. Climb Through Window - After the candidate crawls under the tables, the run

continues to a 30 x 30-inch opening which is 50 inches off the ground. The candidate must climb through this opening.

7. Suspect Identification - After climbing through the 30-inch x 30-inch opening, the candidate will encounter four numbered sets of clothing. The candidate will identify the proper suspect by shouting out the correct number (one thru four). The candidate will then run to another chair where a 150-pound (approximately) bag is located.

8. Bag Drag - Upon encountering the 150-pound (approximately) bag, the candidate will move the bag from the chair to a designated line 5 feet away from the chair. Timing of the event will stop when the entire bag crossed over the line. The bag must be completely over the line before the timing ends.


**B. Criteria for Passing the Exam:**

1. Candidates must complete all events in 64 seconds or under.
2. Candidates must complete all events in the specified amount of time in the required sequence or they fail the examination
3. Candidates must correctly identify the suspect.
4. Upon completion of the test, candidates will be told their time and will be informed whether they passed or failed.

DULY ADOPTED, this 7th day of February 2022, by the Board of Supervisors of Washington Township, Franklin County, Pennsylvania, in lawful session duly assembled.

TOWNSHIP OF WASHINGTON  
COUNTY OF FRANKLIN  
PENNSYLVANIA

Attest:



Karen S. Hargrave  
Secretary



Charles L. Strausbaugh  
Chairman, Board of Supervisors

