

CITY OF ANDERSON POLICE DEPARTMENT

Anderson, South Carolina

DIRECTIVE TYPE General Order	EFFECTIVE DATE March 20, 2006	NUMBER 705
SUBJECT Physical Fitness Standards		
REVISED		
REFERENCE SCLEA 7.1.5	AMENDS/SUPERSEDES All Others	
DISTRIBUTION All Personnel	RE-EVALUATION DATE Annual	NO. PAGES 2

A. Purpose:

To serve as a basis for administering a physical fitness assessment for members of the City of Anderson Police Department.

B. Policy:

Law enforcement work requires a reasonable level of physical fitness. The performance of the most critical, essential job functions may be infrequent, but the consequences of non-performance or improper performance can be extremely dire. The ability of each officer to perform those functions is affected by exercise, tobacco usage, substance abuse, stress management, and weight control. The fitness program shall enable the Chief of Police to track and document the officer's ability to perform necessary law enforcement functions, which are a critical part of the service we provide to the citizens of the City of Anderson.

C. Procedure:

The City of Anderson Police Department's fitness program relies upon both internal research and studies conducted by recognized law enforcement fitness experts. The scientifically validated research clearly demonstrates that physical fitness is an underlying factor that determines an officer's ability to perform the essential physical tasks that are required of law enforcement officers. Physical fitness is divided into four sub-components: cardiovascular endurance (aerobic capacity), strength, (anaerobic capacity), body composition (body fat percentage), and flexibility.

These four fitness areas have been proven to predict the performance of physical tasks inherent to the law enforcement profession. Therefore, by testing fitness in these areas, the City of Anderson Police Department ensures that officers will be able to perform critical physical tasks when required.

The physical fitness assessment process shall be re-evaluated at least once per year by the Training Coordinator to ensure that it remains in compliance with those tasks that may be required of law enforcement personnel and the City of Anderson Police Department.

All sworn members of the City of Anderson Police Department are expected to maintain a certain level of fitness. History has proven that officers who are physically fit are more alert and possess an overall more professional demeanor. The intent of this procedure is to encourage all officers to maintain themselves at a degree of physical competence.

All sworn patrol officers and reserve officers of the department will be tested once per calendar year. In an effort to avoid extreme temperatures, the test should be held in the spring or fall.

The physical fitness test that each officer will be required to perform is based on those tasks that any officer may be required to perform within the geographical surroundings of the greater Anderson area. The training coordinator will maintain a manual of the test and its set-up procedures. The Training Coordinator will be responsible for determining the dates and location of the testing. The Training Coordinator will maintain all data concerning the Department's test results. Prior to the day of testing, the Training Coordinator, in consultation with the Chief of Police, will post the activities and measurements that will be tested.

On physical tests (on the day of testing) personnel can get up to three (3) attempts at the particular activity. The best performance of the three attempts will be counted. If the first attempt yields a performance measurement with which the officer is satisfied, the officer may forego the two additional opportunities to attempt to improve the performance measurement for that activity.

A final report will be forwarded to the Chief of Police after all persons have completed the fitness test. The report should be in summary form for the entire department and backed up by detailed individual data for each personnel.

All personnel must complete the assessment and each individual activity. Any individual not participating in the physical fitness test must provide the Chief of Police with a written excuse and/or explanation from a medical doctor. The Chief of Police will be the only person who has the authority to excuse personnel from the fitness test. Personnel excused on the day of testing should be tested immediately following a doctor's release. Personnel not released from a medical excuse within a reasonable time period, dependent upon the reason for the medical excuse, may be referred to General Order 704 ("**Physical Examinations**") for fitness testing.

By order of:



Martin D. Brown, Chief of Police

2-12-2016
Date