



Oneida County Civil Service
Deputy Sheriff Patrol, Police Officer, Correction Officer

**PHYSICAL FITNESS SCREENING TEST AND MEDICAL
EVALUATION POLICY**

New York State Civil Service Law, Article IV, Title A, Section 50, 6. Scope of examination; and Section 58, Requirements for provisional or permanent appointment of certain police officers.

New York State Civil Service and the Division of Criminal Justice Services require all Police Officer and Deputy Sheriff Patrol candidates to pass three components to be eligible for appointment. The three components are Written Civil Service Examination, Physical Fitness Screening Test, and Medical Evaluation.

The Oneida County Sheriff's Office and Oneida County Civil Service require all Correction Officer candidates to pass three components to be eligible for appointment. The three components are Written Civil Service Examination, Physical Fitness Screening Test, and Medical Evaluation.

Physical Fitness Screening Test:

Police Officer and Deputy Sheriff Patrol candidates have **one (1)** opportunity to successfully complete the Physical Fitness Screening Test; results are pass or fail.

Correction Officer candidates have **two (2)** opportunities to successfully complete the Physical Fitness Screening Test; results are pass or fail. All opportunities are completely independent of one another. Any elements passed on the first opportunity do not carry over to the second opportunity.

The Physical Fitness Screening Test will be scheduled by Oneida County Civil Service as necessary. This test cannot be rescheduled unless conditions are met in accordance with the Oneida County Alternate Test Date Policy.

Candidates who do not show for a scheduled test date are considered to have failed said opportunity.

In order to participate in the Physical Fitness Screening Test, the candidate must obtain a signed Doctor's Statement, a form provided by Oneida County Civil Service, stating that the candidate is physically capable of participating in the Physical Fitness Screening Test. The candidate will bring the original Doctor's Statement, with an original signature, to his/her Physical Fitness Screening Test. The Doctor's Statement is valid for six (6) months from the date it was signed.

The Physical Fitness Screening Test results are valid for the life of the Eligible List. Candidates who fail the Physical Fitness Screening Test will not be eligible for appointment.

Medical Evaluation:

If the candidate passes both the Written Civil Service Examination and Physical Fitness Screening Test and is selected by the appointing authority, s/he will then be scheduled for the Medical Evaluation. The Medical Evaluation will be performed by a medical provider or physician selected by the Oneida County Commissioner of Personnel. The appointing authority will pay the cost of the Medical Evaluation. Correction Officer candidates will not be given a color perception test. Results are pass or fail. The Medical Evaluation will be valid for 12 months, excluding drug screening.

Physical Fitness Screening Test and Medical Evaluation results are NOT accepted from any other source.

Oneida County Physical Fitness Screening Test

A. Police Officer and Deputy Sheriff Patrol

Municipal Police Training Council amendments to the Medical and Physical Fitness Standards and Procedures for Police Officer Candidates, adopted: January 16, 2003. New York State Civil Service implemented the Municipal Police Training Council's amended Standards for the Physical Fitness Screening Test on April 23, 2003 (MSD-CL-4-03) and in Oneida County beginning June 1, 2003.

Division of Criminal Justice Services Medical and Physical Fitness Standards and Procedures for Police Officer Candidates, pages 15-16.

Although these elements may not be directly representative of essential job functions to be performed by an entry-level police officer, such elements do measure the candidate's physiological capacity to learn and perform the essential job functions.

The minimum scores for employment as an entry-level police officer as set forth below represents the 40th percentile of fitness. If a candidate does not successfully score in the 40th percentile of fitness for each of the elements of the test battery, the candidate shall not be deemed to have successfully completed the Physical Fitness Screening Test.

Nothing herein shall preclude an administrator of such screening test from substituting an element of the test battery, which such administrator has determined and validated to accurately assess the candidate's physiological capacity to learn and perform essential job functions.

The 1.5 mile run shall only be administered to such individuals who have successfully completed each of the other two elements of the test battery (Sit-up and Push-up).

Municipal Police Training Council – 40%

GENDER/AGE	SIT-UP	PUSH-UP	1.5 MILE RUN
MALE			
20-29	38	29	12:38
30-39	35	24	12:58
40-49	29	18	13:50
50-59	24	13	15:06
60+	19	10	16:46
FEMALE			
20-29	32	15	14:50
30-39	25	11	15:43
40-49	20	9	16:31
50-59	14	-	18:18
60+	6	-	20:16

B. Correction Officer

These three elements relate to the ability of a Correction Officer to perform essential daily functions and emergency functions of the job.

The 300-meter run shall only be administered to such individuals who have successfully completed each of the other two elements of the test battery (Sit-up and Push-up).

The Cooper Institute – 40%

GENDER by AGE	ONE MINUTE SIT UP	PUSH-UP	300 METER RUN (SECONDS)
MALE			
20-29	38	29	59.0
30-39	35	24	58.9
40-49	29	18	72.0
50-59	24	13	83.2
60+	19	10	-
FEMALE			
20-29	32	15	71.0
30-39	25	11	79.0
40-49	20	9	94.0
50-59	14	-	-
60+	6	-	-

These norms were derived from The Cooper Institute age and gender norms representing a cross-section of thousands of individuals.