Purpose
The Lorain County Community College Police Training Academy offers civil service police applicants the opportunity to take the civil service agility test at various times through the year for the below listed departments:

- Amherst Police Department
- Avon Police Department
- Elyria Police Department
- Lorain Police Department
- Oberlin Police Department
- Sheffield Village Police Department
- Vermilion Police Department

The purpose of the centralized testing concept is to give police applicants multiple opportunities to take and successfully complete, at minimum, the Ohio Police Office Training Academy physical testing standards that will be required to pass should you enroll in any State of Ohio certified police academy. Additional physical testing standards may be required by local civil service or police agencies across Lorain County.

Policy
The Lorain County Community College Police Academy will test applicants at various times throughout the year. Future dates and times will be advertised on the LCCC Police Academy website and by each civil service or police department in conjunction with accepting applications. Applicants are permitted to take the PT test in advance of any civil service test. Test results will be valid for one year from the date taken or as determined by the individual civil service commission. Test results will be provided directly to the civil service commission and/or law enforcement agency upon their request. Applicants are also entitled to a copy of their score sheet. Please bring a self addressed stamped envelope the day of testing.

Applicants will not be graded on a PASS/FAIL score, but their times, repetitions or scores will be documented. Applicants will know what their individual time, repetition number, or score was at the completion of each tested event. Applicants who feel they did not score well enough are encouraged to re-take the PT test the next available opportunity.

Applicants will be required to initial the score sheet after each event and then acknowledge the entire form once all testing is done. OPOTA certified physical training instructors will administer and document each section of tests and will have final word on results.

Procedure
Applicants must register and pay a $40.00 fee by check or money order, ten (10) days prior to the advertised PT test date. Applicants must show proper photo ID the day of testing. Applicants must complete additional paperwork the day of testing.
Payment Information
Make checks payable to: Lorain County Community College. Mail all necessary
documents (waiver form #1 and registration form #2) and check to:

LORAIN COUNTY COMMUNITY COLLEGE,
1005 N ABBE ROAD, ELYRIA, OHIO 44035
ATTN: PATTY VUKMER IL RM# 111

Refunds: No refunds will be given.

The Lorain County Community College, the Lorain County Community College Police
Academy, the Ohio Peace Offices Training Academy, and their employees, volunteers,
agents or participants are not responsible for any lost or stolen items or medical issues
as a result of this testing.

Depending on individual civil service requirements, agility tests may consist of any or all
of the following events:
• Push ups
• Sit ups
• Illinois agility run
• 1 repetition bench press (78% of you body weight on the day of testing)
• 300 meter run (indoor track)
• 1.5 mile run (indoor track)

Tests required by the department you are testing for will be administered in the above
order.

Warm-up:
Before each test, all applicants will be permitted enough time to choose whatever warm-
up method they feel is best to prepare them self for the test.

PUSH UP INSTRUCTIONS:
Applicant will warm up.
On the command ‘get set’, assume the front-leaning rest position by placing your hands
where they are comfortable for you. Your feet may be together or up to 12 inches apart.
When viewed from the side, your body should form a generally straight line from your
shoulders to your ankles.

On the command ‘go’, begin the push-up by bending your elbows and lowering your
entire body as a single unit until your upper arms are at least parallel to the ground.
Then, return to the starting position by raising your entire body until your arms are fully
extended. Your body must remain rigid in a generally straight line and move as a unit
while performing each repetition. At the end of each repetition, the scorer will state the
number of repetitions you have completed correctly.

If you fail to keep your body generally straight, to lower your whole body until your upper
arms are at least parallel to the ground, or to extend your arms completely, that
repetition will not count, and the scorer will repeat the number of the last correctly
performed repetition. If you fail to perform the first ten push-ups correctly, the scorer will
tell you to go to your knees and will explain to you what your mistakes are. You will then
be sent to the end of the line to be retested. After the first 10 push-ups have been performed and counted, however, no restarts are allowed. The test will continue, and any incorrectly performed push-ups will not be counted.

An altered, front-leaning rest position is the only authorized rest position. That is, you may sag in the middle or flex your back. When flexing your back, you may bend your knees, but not to such an extent that you are supporting most of your body weight with your legs. If this occurs, your performance will be terminated. You must return to, and pause in, the correct starting position before continuing. If you rest on the ground or raise either hand or foot from the ground, your performance will be terminated. You may reposition your hands and/or feet during the event as long as they remain in contact with the ground at all times. Correct performance is important. You will have two minutes in which to do as many push-ups as you can.

Push-up demonstration/explanation:  
http://www.youtube.com/watch?v=_nZBx00BMWo&feature=related

SIT UP INSTRUCTIONS:  
Applicant will warm up.  
On the command ‘get set’, assume the starting position by lying on your back with your knees bent at a 90-degree angle. Your feet may be together or up to 12 inches apart. Another person will hold your ankles with the hands only. No other method of bracing or holding the feet is authorized. The heel is the only part of your foot that must stay in contact with the ground. Your fingers must be interlocked behind your head and the backs of your hands must touch the ground. Your arms and elbows need not touch the ground.  
On the command ‘go’, begin raising your upper body forward to, or beyond, the vertical position. The vertical position means that the base of your neck is above the base of your spine. After you have reached or surpassed the vertical position, lower your body until the bottom of your shoulder blades touch the ground. Your head, hands, arms, or elbows do not have to touch the ground. At the end of each repetition, the scorer will state the number of sit-ups you have correctly completed.
A repetition will not count if you fail to reach the vertical position, fail to keep your fingers interlocked behind your head, arch or bow your back and raise your buttocks off the ground to raise your upper body, or let your knees exceed a 90-degree angle. If a repetition does not count, the scorer will repeat the number of your last correctly performed sit-up.

The up position is the only authorized rest position. If you stop and rest in the down (starting) position, the event will be terminated. As long as you make a continuous physical effort to sit up, the event will not be terminated. You may not use your hands or any other means to pull or push yourself up to the up (resting) position or to hold yourself in the rest position. If you do so, your performance in the event will be terminated. Correct performance is important. You will have two minutes to perform as many sit-ups as you can.

Sit-up demonstration/explanation:
http://www.youtube.com/watch?v=iwGQ81xmyGg&feature=related

**ILLINOIS AGILITY RUN:**

The length of the course is 10 meters and the width (distance between the start and finish points) is 5 meters. Four cones are used to mark the start, finish and the two turning points. Another four cones are placed down the center an equal distance apart. Each cone in the center is spaced 3.3 meters apart.

Applicant will warm up.

Applicant will lie on their front (head to the start line) and hands by their shoulders. On the “Get Set, Go” command the stopwatch is started, the applicant gets up as quickly as possible and runs around the course in the direction indicated, without knocking the cones over, to the finish line, at which the timing is stopped.

Illinois agility run demonstration:
http://www.youtube.com/watch?v=u6emyuz76Uk
BENCH PRESS; 78% of BODY WEIGHT:
This is a pass/fail test.

The morning of evaluation, the applicant will be weighed in and 78% of their body weight will be calculated. Instructors will place that weight on the bar.

Applicant will warm up.
Applicant will lie flat on his/her back on the bench press apparatus. Applicant will perform one complete repetition. The bar must touch the chest on the way down and both arms must reach full extension as the bar goes up. Spotters will be placed on both sides of the bar and will only intervene upon request of the applicant or when it is obvious the applicant cannot perform the last arm extension.

Applicants will be permitted to attempt this test four (4) times to achieve a “pass” mark.

300 METER RUN:
300 Meters = 328 yards or 984 feet.
Applicant will warm up.
There will only be one runner at a time.
From the start line, the instructor will give the verbal commands “Get Set, Go” along with a visual command of a raised arm, lowering the arm on “Go.”
The applicant will run 300 meters as fast as possible.
The time will be recorded with a stopwatch and documented.

1.5 MILE RUN INSTRUCTIONS:
Applicant(s) will warm up.
The instructors will determine how many applicants will run the test at one time.
Running will be indoors on an oval track. You must complete the run without any physical help. At the start, all applicants will line up behind the starting line. On the command "Get set, Go", the clock will start. You will begin running at your own pace. To run the required 1.5 miles, you must complete six laps around the track. You are being tested on your ability to complete the 1.5 mile course in the shortest time possible. Although walking is authorized, it is strongly discouraged.

If you are physically helped in any way (for example, pulled, pushed, picked up, and/or carried) or leave the designated running course for any reason, you will be disqualified. It is legal to pace another applicant during the 1.5 mile run. As long as there is no physical contact with the paced applicant and it does not physically hinder other applicants taking the test, the practice of running ahead of, along side of, or behind the tested applicant, while serving as a pacer, is permitted. Cheering or calling out the elapsed time is also permitted. Once you have completed the run, leave the track in order to stretch and cool down.

Once the evaluation process is over, you will be given an opportunity to review your score sheet.

Applicants who plan on attending the Ohio Basic Police Academy program should be aware of the state requirements required to obtain a passing score.

**STANDARD # 1**

The Ohio Peace Officer Basic Training Program Physical Fitness Requirements are as follows:

<table>
<thead>
<tr>
<th>AGE</th>
<th>PUSH-UPS (1-Min)</th>
<th>SIT-UPS (1-Min)</th>
<th>1.5-MILE RUN</th>
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<tr>
<td></td>
<td>Male</td>
<td>Female</td>
<td>Male/ Female</td>
</tr>
<tr>
<td>&lt;29</td>
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<td>30-39</td>
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<tr>
<td>60+</td>
<td>15</td>
<td>8*</td>
<td>20/8</td>
</tr>
</tbody>
</table>

*Modified form per OPOTC Lesson Plan

**STANDARD # 2**

- Minimum Push ups: 27 no time frame
- Minimum Sit ups: 31 within 60 seconds
- Illinois Agility Run: 19 seconds or faster
- 1 Rep bench press: 78% of your body weight
- 300 meter run: 62 seconds or faster
- 1.5 mile run: 16 minutes 36 seconds

There standards are the same for both male and female applicants regardless of your age.
Current Standards of Participating Agencies:

Amherst Police Department: Standard # 1 or Standard #2 is acceptable.
Avon Police Department: Standard # 2
Elyria Police Department: Standard # 1
Lorain Police Department: Standard # 2
Oberlin Police Department: Standard # 1
Sheffield Village Police Department: Standard # 2
Vermilion Police Department: Standard # 1

Please do not contact your local Police Department with questions, Please contact Commander Paul Graupmann, or Patty Vukmer with The Lorain County Community College Police Training Academy at 440-366-7225, or 440-366-7265.
Lorain County Community College Police Training Academy Physical Agility Registration Form

Name: ____________________________________________   E-Mail: ______________________________________________

Last                                          First                                         MI

Address: ___________________________________________              City/State/Zip: ______________________________________

SSN# _______________________ DOB:_________  Age:____ Male/Female:_____ Contact #_________________________________

Who to notify in case of emergency: ____________________________ Relationship: _____________ Contact #:__________________

Agency you are testing for:_____________________________________ Fee paid: $_____________ Paid in full?_________________

- I certify that I have physician’s approval to engage in strenuous activity  ______
- I understand the LCCC Police Academy is not responsible for injuries or lost property: ______
- All of the above information if truthful and any wrong or misleading information may cause my disqualification. ______
- I understand that the LCCC Police Academy is documenting my score/time and this is NOT a pass/fail event. ______

Payment: Cost of testing is $40.00     Make checks payable to: Lorain County Community College付满？__________

TO BE COMPLETED BY TEST ADMINISTRATOR:

<table>
<thead>
<tr>
<th>TEST</th>
<th>Number of completed reps</th>
<th>Time of completed event</th>
<th>Tester Initials</th>
<th>Applicant Initials</th>
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</thead>
<tbody>
<tr>
<td>Push Ups</td>
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<td></td>
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</tr>
<tr>
<td>Sit Ups</td>
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<tr>
<td>Illinois Agility Run</td>
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<tr>
<td>Bench Press 1 repetition with 78% of body weight</td>
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<tr>
<td>300 Meter run</td>
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<tr>
<td>1.5 mile run</td>
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</tbody>
</table>

Signature of test administrator_________________________  Signature of test taker:__________________________________

Revised: 4/2012       Form #2