

**Spokane Police Department**

**Reserve Officer**

**FITNESS ABILITY TEST**

**Saturday, October 20**

**SPD TRAINING CENTER**

**2302 N. Waterworks**

**0900 hours**

**NEED TO BRING:**

**PICTURE ID**

**SIGNED MEDICAL RELEASE**

**Form enclosed**

**After passing the fitness ability test you  
will be given a Reserve Application**

Sgt. Chuck Reisenauer (509)363-8281

### SCORING THE FITNESS ABILITY TEST BATTERY

THE SCORING MATRIX SHOWN BELOW ALLOWS THE EXAMINER TO FIND THE PARTICIPANT'S RAW AND FITNESS ABILITY TEST SCORE ON EACH TEST IN THE BATTERY. THE FITNESS ABILITY TEST SCORE FOR EACH TEST ITEM IS RECORDED AND ADDED ON THE INDIVIDUAL PARTICIPANT'S SHEET. THE PASSING (TTBS) SCORE IS 200 WITH THE RANGE OF SCORES FOR EACH TEST BETWEEN 30 AND 50 FOR EACH TEST ITEM.

EXAMPLE: THE BELOW MEASURES ARE MERELY FOR ILLUSTRATION AND ARE ONLY APPROXIMATE VALUES.

1. 300 - METER RUN	69 SEC.	= 45 PTS.
2. MAXIMUM PUSH-UPS	38	= 50 PTS. (note that 34 receives same maximum points)
3. ONE MINUTE SIT-UPS	34	= 40 PTS.
4. 1.5 - MILE RUN/WALK	14:31	= 30 PTS.
TOTAL TEST BATTERY SCORE		= 200 PTS.

THE PARTICIPANT WHO SCORES BELOW THE 30-POINT LEVEL HAS FAILED THE TEST AND NOT BE ALLOWED TO CONTINUE ON THE OTHER TEST ITEMS.

THE PARTICIPANT WHO SCORES ABOVE THE 50-POINT LEVEL ON A GIVEN TEST ITEM WILL NOT BE AWARDED MORE THAN THAT 50 POINTS TO APPLY TOWARD THE OTHER TEST ITEMS.

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I HAVE REVIEWED THE FOUR ELEMENTS OF THE WASHINGTON STATE CRIMINAL JUSTICE TRAINING COMMISSION AGILITY TEST ON THIS FORM AND FIND THAT THE CANDIDATE IDENTIFIED BELOW CAN PERFORM THE ELEMENTS OF THE TEST SAFELY.

CANDIDATE'S NAME \_\_\_\_\_

PHYSICIAN'S NAME \_\_\_\_\_

PHYSICIAN'S ADDRESS \_\_\_\_\_

PHYSICIAN'S SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

**NOTE: IF YOU FAIL TO BRING THIS FORM SIGNED  
BY A PHYSICIAN YOU WILL NOT BE ALLOWED TO  
TAKE THIS TEST!!**

**TEST LOCATION: 2302 N. WATERWORKS, SPOKANE WA**  
See map on back for directions.

Dress: PHYSICAL TRAINING CLOTHES

2302 N. Waterworks

Directions: Turn north onto Waterworks from the E. 4700 Block of Trent. There is a flashing yellow signal at the intersection. Continue on Waterworks for .9 mile to the cluster of buildings at the end of the road.

