

Wyoming County Civil Service
338 N. Main Street, Thomson Hall
Warsaw, NY 14569
Phone: 786-8830
Fax: 786-1293


Dear Physician,

Your patient is a candidate for employment as a Police Officer. All candidates for this position must pass a candidate physical fitness screening test and medical physical prior to an offer of employment.

The requirements for these tests are set by the New York State Municipal Police Training Council. Enclosed is a copy of the test battery for the physical fitness screening test. Please review the requirements, and on the form attached please indicate if the candidate is or is not physically capable of participating in the physical fitness screening test. Sign, date and give the candidate the completed form. It is the candidate's responsibility to return the form to the Wyoming County Civil Service Office.

Thank you for your help in this process.

Sincerely,

A handwritten signature in cursive script that reads "Bethany Merica".

Bethany Merica
Civil Service

**DEPUTY SHERIFF/POLICE OFFICER
PHYSICAL FITNESS SCREENING AUTHORIZATION**

PATIENT: _____

JOB TITLE: _____

PHYSICIAN'S NAME: _____

ADDRESS: _____

TELEPHONE: _____

_____ I certify that the above-named patient is capable of participating in the physical ability screening test, as described in the attached documents.

_____ I do not feel that the above-named patient is capable of participating in the physical ability screening test.

PHYSICIAN SIGNATURE

DATE

Sit-up	Muscular endurance (core body) - The score indicated below is the number of bent-leg sit-ups performed in one minute.
Push-up	Muscular endurance (upper body) - The score below is the number of full body repetitions that a candidate must complete without breaks.
1.5 Mile Run	Cardiovascular capacity - The score indicated below is calculated in minutes:seconds.

AGE/SEX	TEST		
MALE	SIT-UP	PUSH-UP	1.5 MI RUN
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	N/A	18:18
60+	6	N/A	20:16