

**FITNESS TEST MEDICAL CERTIFICATE**

Dear Physician:

The following named individual has submitted an application to become a Police Officer with the Richmond Police Department.

<b>Candidate Name:</b> _____	<b>Date of Birth:</b> _____
<b>Address:</b> _____	<b>Town/City:</b> _____ <b>State:</b> _____

The Richmond Police Department and the Rhode Island Department of Public Safety/Municipal Police Training Academy (RIDPS/MPTA) requires each candidate to bring a completed Physical Fitness Test Certificate to the Physical Fitness Test before he/she will be allowed to participate in the test. A statement must be obtained from a licensed physician that the candidate is of sufficient physical conditioning to undergo a Physical Fitness test. The Fitness Test Medical Certificate **must** be completed within six (6) months of the Physical Fitness testing date.

**Attached to this form is a listing of the minimum physical fitness standards a candidate must attain (next page).**  
We ask that your evaluation be based upon these criteria. Thank you for your assistance.

**PHYSICIAN'S STATEMENT**

I have examined the above-named individual on \_\_\_\_\_  
(Date)

After reviewing each of the four (4) events, I find him/her to be of sufficient physical conditioning to allow the candidate to participate in the Richmond Police Department and RIDPS/MPTA Physical Fitness Test.  
(name of department)

Comments (if any): \_\_\_\_\_

\_\_\_\_\_  
Physician's Signature

(Please type or print:)

Physician's Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

Effective April 2017

**Physical Fitness Assessment  
40th Percentile**

**1 Minute Push-Up**

	Age<20	20-29	30-39	40-49	50-59
Male	29.0	29.0	24.0	18.0	13.0
Female	15.0	15.0	11.0	9.0	n/d

**1.5 Mile Run-Aerobic Power**

	Age<20	20-29	30-39	40-49	50-59
Male	12:38	12:38	12:58	13:50	15:06
Female	14:50	14:50	15:43	16:31	18:07

**1 Minute Sit-up test**

	Age<20	20-29	30-39	40-49	50-59
Male	41.0	38.0	35.0	29.0	24.0
Female	32.0	32.0	25.0	20.0	14.0

**300 Meter Run**

	Age<20	20-29	30-39	40-49	50-59
Male	59.0	59.0	58.9	72.0	83.2
Female	71.0	71.0	79.0	94.0	n/d

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