

To: All Sandy Springs Police Department Personnel

Subject: Physical Fitness Assessment

The Chief has approved a voluntary physical assessment program that will be implemented this year. This program is voluntary and open to all employees, sworn and non-sworn. There is no requirement to participate.

Here are some guidelines to follow:

1. The dates will be posted on the X-drive for you to sign up on the days that will best fit your schedule. Starting in 2014, the listed dates below will be the dates for the assessments. Then starting in 2015, the assessments will be held every quarter and there will be no make-up dates.

DATES: June 10, 2014	1 st Session 0900 Hours
	2 nd Session 1900 Hours
June 11, 2014	1 st Session 0900 Hours
	2 nd Session 1900 Hours
September 23, 2014	1 st Session 0900 Hours
	2 nd Session 1900 Hours
September 24, 2014	1 st Session 0900 Hours
	2 nd Session 1900 Hours

2. There will be 5 events; Vertical jump, Sit ups, Push-ups, 300 meter run, and a 1.5 mile run. These events will be broken down by gender and age groups that meet requirements of the Cooper Institute.
3. You may qualify for one of three tiers; for example: If you are in Tier 1 in 4 events, but Tier 3 in the 5th event, you will be placed in Tier 3. You must meet **ALL** minimum requirements of that particular Tier.
4. All employees will receive a 2 hour Overtime pay for coming out for the assessments.
5. You will receive vacation hours according to the Tier in which you are placed on your first initial assessment of each year. You may participate in other assessments throughout the year to earn a higher Tier, however you will not accrue additional vacation time.

Tier 1= 16 hours of vacation

Tier 2= 8 hours of vacation

Tier 3= 4 hours of vacation

6. Starting January 1, 2016 all employees must meet Tier 3 standards to be eligible to work secondary jobs.

Training Facility

A training facility with a gym is being built off of Hilderbrand and the Chief is allowing 1 hour a day while on duty to work out. This time will be strictly monitored by the supervisors.

SSPD

Introduction:

The police officer's health and well-being is of prime importance to the officer, his family and colleagues. The program is voluntary and offers incentives for reaching goals and fitness standards.

The department's Physical Fitness Program is administered by the Training Section. A trained Law Enforcement Fitness Coordinator will be responsible for conducting fitness assessments; providing individual education and goal setting; and providing ongoing support and evaluation.

Policy:

The Sandy Springs Police Department has for some time recognized the need for an agency-wide physical fitness program. National studies of law enforcement officers have found that, as a group, police officers rate below the general public in physical fitness and have the distinction of having the highest rate of heart disease, diabetes and suicide out of 149 professions. It is therefore, the policy of this agency that all sworn/non-sworn personnel may voluntarily participate in the Physical Fitness Assessment Program. Minimum norm and other aspects of the program are set forth in this policy.

Purpose:

- The purpose of this policy is to establish reasonable and reachable norms, which will permit all personnel to meet the requirements of the Physical Fitness Assessment Program.
- While voluntary participation is encouraged for both sworn and non-sworn personnel, the scope of this policy and its goals are directed primarily to sworn police officers.

Physical Fitness Assessment Dates:

- Assessments will be conducted a minimum of two (2) times every calendar year.
- Personnel may only qualify once in the calendar year to obtain the incentive award.

Physical Fitness Standards:

- The standards to be used in this assessment program are those established by The Cooper Institute, Dallas, Texas. The Copper Institute has developed fitness programs for law enforcement and public safety since 1976. They are the industry leaders and standard.

Incentive Rewards:

As an incentive to achieve and encourage a level of fitness, the Department will reward employees with paid time off for the following achievement rating:

Employees will be allowed to participate in the Physical Fitness Assessment whenever it is conducted, but employees can only earn incentive days once every calendar year.

SANDY SPRINGS **POLICE**

SANDY SPRINGS POLICE DEPARTMENT

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- Tier 1 – 16 Hours Paid Leave, Fitness Pin to be worn on Uniform (Must Qualify for Pin Annually)
- Tier 2 – 8 Hours Paid Leave
- Tier 3 – 4 Hours Paid Leave

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1. Vertical Jump Test – Two Attempts (60+ No Vertical Jump Requirement)

Tier 1

Male	20-29 21.5"	30-39 20"	40-49 17"	50-59 15"
Female	20-29 15.9"	30-39 13.2"	40-49 11.5"	50-59 NA

Tier 2

Male	20-29 20"	30-39 18.6"	40-49 15.5"	50-59 13.5"
Female	20-29 14"	30-39 12"	40-49 9.6"	50-59 NA

Tier 3

Male	20-29 17.5"	30-39 16.5"	40-49 14"	50-59 11.9"
Female	20-29 12.6"	30-39 11"	40-49 7.8"	50-59 NA

2. Sit Ups – One Minute

Tier 1

Male	20-29 42	30-39 39	40-49 34	50-59 28	60+ 22
Female	20-29 38	30-39 29	40-49 24	50-59 20	60+ 11

Tier 2

Male	20-29 38	30-39 35	40-49 29	50-59 24	60+ 19
Female	20-29 32	30-39 25	40-49 20	50-59 14	60+ 6

Tier 3

Male	20-29 33	30-39 30	40-49 24	50-59 19	60+ 15
Female	20-29 24	30-39 20	40-49 14	50-59 10	60+ 3

3. Push Ups – One Minute

Tier 1

Male	20-29 37	30-39 30	40-49 24	50-59 19	60+ 18
Female	20-29 21	30-39 15	40-49 13	50-59 NA	60+ NA

Tier 2

Male	20-29 29	30-39 24	40-49 18	50-59 13	60+ 10
Female	20-29 15	30-39 11	40-49 9	50-59 NA	60+ NA

Tier 3

Male	20-29 22	30-39 17	40-49 11	50-59 9	60+ 6
Female	20-29 10	30-39 8	40-49 6	50-59 NA	60+ NA

4. 300 Meter Run

Tier 1

Male	20-29 54 sec	30-39 55 sec	40-49 64 sec	50-59 74 sec	60+ NA
Female	20-29 61 sec	30-39 71 sec	40-49 79 sec	50-59 NA	60+ NA

Tier 2

Male	20-29 59 sec	30-39 58 sec	40-49 72 sec	50-59 83 sec	60+ NA
Female	20-29 71 sec	30-39 79 sec	40-49 94 sec	50-59 NA	60+ NA

Tier 3

Male	20-29 66 sec	30-39 68 sec	40-49 83 sec	50-59 95 sec	60+ NA
Female	20-29 78 sec	30-39 86 sec	40-49 110 sec	50-59 NA	60+ NA

5. 1.5 Mile Run

Tier 1

Male	20-29 11:29 min	30-39 11:54 min	40-49 12:24 min	50-59 13:35 min	60+ 15:04 min
Female	20-29 13:24 min	30-39 14:08 min	40-49 14:53 min	50-59 16:35 min	60+ 18:27 min

Tier 2

Male	20-29 12:38 min	30-39 12:58 min	40-49 13:50 min	50-59 15:06 min	60+ 15:04 min
Female	20-29 14:50 min	30-39 15:43 min	40-49 16:31 min	50-59 18:18 min	60+ 20:16 min

Tier 3

Male	20-29 14:00 min	30-39 14:34 min	40-49 15:24 min	50-59 16:58 min	60+ 19:10 min
Female	20-29 16:46 min	30-39 17:38 min	40-49 18:37 min	50-59 20:44 min	60+ 22:52 min

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