

# Elk City Police Department

## Physical Fitness Test

In addition to the written examination, a Physical Fitness test will be administered prior to employment with the Elk City Police Department. These are mandatory, meaning a successful applicant will pass ALL test administered. Some of may require preparation in order to pass depending on the applicant's current fitness level.

<u>TASK</u>	<u>STANDARD</u>	<u>REQUIREMENT</u>
Wall Climb	6 feet	5 seconds
Sit-Ups	30 reps	60 seconds
Push-ups	20 reps	60 seconds
100 yard dash	Pass/Fail	15 seconds
1 ½ mile run	Pass/Fail	15 minutes