
KANSAS CITY, KANSAS POLICE

GENERAL ORDER

SUBJECT: Physical Fitness

ORDER NUMBER: 20.12
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REFERENCE: CALEA [Ch.22](#)

CROSS REFERENCE:

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I. PURPOSE

- A. Encourage all sworn members of the Police Department to develop and maintain a minimum level of physical fitness, which may be necessary to perform the function of police work.
- B. Demonstrate the Department's concern for health, longevity, and well being of its members.
- C. Provide clear standards for the evaluation of physical fitness.
- D. Provide and make available annual evaluations of officers' level of fitness.
- E. Supply instructions on physical conditioning for those desiring such.

II. THE NEED FOR HEALTH AND FITNESS MAINTENANCE

- A. The sedentary and stressful nature of police work tends to erode good health if no physical conditioning program is maintained. It has been documented that police officers, as an occupational class, develop health risk problems in terms of cardiovascular disease, lower back disorder, and weight gain leading to varying degrees of obesity. Individuals in poor physical condition, or who are in unhealthy emotional states, may be less able to endure the physical and emotional demand of the job, especially in the long term. It is believed that a healthy and fit workforce is vital to effectively carry out the Department's mission. Attention to physical fitness over an officer's career can minimize these known health risks.

III. THE PHYSICAL FITNESS PROGRAM

- A. It is the policy of the Kansas City Kansas Police Department to encourage among its members a level of fitness necessary to perform the functions of police work. Periodically the Department may require a member to take a physical examination by a Department selected physician, at no cost to the member. In the event a member selects a personal physician the cost will be the responsibility of the member and the results subject to confirmation by the Department selected physician.

- B. Participation in the Physical Fitness Assessment and Performance (Agility) Test is totally voluntary for all eligible department members and shall be conducted during off-duty time, every six (6) months.

- C. Prior to participation in the program, all members shall be required to sign an acceptance of risk agreement.

- D. Any injury or illness sustained as a result of participation in the health and fitness program shall be considered off-duty related.

- E. Eligibility for participation in the health and fitness program shall be based on the following criteria:

- 1. Members cannot participate if they have been ruled medically at risk.
- 2. No member on light or limited duty shall be allowed to participate.

- F. Testing will be conducted at the discretion of the Police Training Academy and be conducted by the Health and Fitness committee.

- G. One award day will be given for each physical fitness performance test that is passed.

IV. PHYSICAL FITNESS PERFORMANCE TEST

- A. The Physical Fitness Performance Test consists of five basic tests. (See Appendix A for testing chart)

- 1. Bench Press – The officer will be required to bench press a calculated percentage of their body weight determined by their age.
- 2. Push-Ups – The officer will be required to perform a minimal amount of push-ups in one (1) minute determined by their age.
- 3. Sit Ups – The officer will be required to perform a minimal number of sit ups in one (1) minute determined by their age.
- 4. 300 Meter Run – The officer will be required to complete a 300 meter run in a specified amount of seconds determined by their age.
- 5. 1.5 Mile Run – The officer will be required to complete a 1.5 mile run in a specified amount of time determined by their age.