

Edmonton Police Service

Applicant Fitness Guidelines

The A-PREP is one way of assessing your physical abilities required for the job of police work; however, it is only an indirect indicator of your overall fitness and health. The Edmonton Police Service takes great pride in fitness and by choosing a career path with the Edmonton Police Service there is an expectation that you will make healthy living and fitness a part of your daily life.

Since the A-PREP only assesses the physical abilities required for the job, it does not necessarily guarantee your readiness and fitness level for recruit class. Recruit class may potentially be a grueling experience and it is your responsibility to ensure that your physical fitness will be sufficient to meet these demands.

Provided below are fitness guidelines for you to independently assess your own fitness in an effort to be capable of successfully completing recruit training and a healthy career in police work. Utilize the link on each test to access a video demonstrating the movement and possible tips to improve specific to that test.

With fitness often being misinterpreted, it is important to first understand clearly what it includes. Fitness is multidimensional and it encompasses areas such as: body composition, flexibility, strength, endurance, power, speed, agility, acceleration, and neuromuscular control (such as balance).

The physically demanding job of police work requires all of these aspects of fitness, which is why EPS has such high expectations of fitness. Job-related situations span from being largely sedentary to explosive and potentially life-threatening in a matter of seconds. By equipping yourself with the many components of fitness this will help to better prepare you for a career in policing.

Table 1 indicates your aerobic fitness standing based on 1 mile and 3 mile run times in comparison to other applicants. Within Tables 2 - 7 are the fitness components of strength, power, speed, flexibility and body composition. The given values are based on recruit averages and are not Canadian norms.

By using these charts you can identify your strengths and weaknesses with respect to your overall physical condition and help reach levels consistent with the most successful recruit constables. If your ratings fall within the "Excellent" category, simply maintain your fitness levels before class as you are well prepared. If you are in the average or below average categories you will likely have difficulty in some tasks and should focus on improving your weaker areas prior to class.

If the majority of your ratings fall within the "Poor" category it is suggested that you seek professional training assistance to help improve your fitness levels. If you are in this category and do not improve your fitness levels by class, you will have substantial difficulties successfully completing many of the required tasks. You also increase your risk of injury and possible termination of your recruit training process.

Table 1 . Aerobic (Cardiovascular)

Category		Excellent	Average	Below Average	Poor
Distance					
1 Mile Run	M	5:30	6:00	6:30	7:00
	F	6:10	6:50	7:30	8:30
3 Mile Run	M	18:00	19:30	21:00	22:30
	F	19:30	21:00	24:00	26:00

Table 2 – 1 . Strength (Male)

Category	Excellent	Average	Below Average	Poor
Test				
<u>Bench Press</u>	BW x 10	BW x 6	.75 x BW x 10	< .5 x BW x 10
<u>Squat</u>	1.5 x BW x 10	1.0 x BW x 10	0.75 x BW x 10	0.75 x BW x 6
<u>Pull-Ups</u>	> 20	15	10	5
<u>Push-Ups in 2 Min</u>	> 100	80	70	< 60
<u>Sit-Ups in 1 Min</u>	60	50	45	< 40

Table 2 – 2 . Strength (Female)

Category	Excellent	Average	Below Average	Poor
Test				
<u>Bench Press</u>	.75 x BW x 10	.75 x BW x 6	.5 x BW x 10	< .5 x BW x 6
<u>Squat</u>	1.5 x BW x 10	1.0 x BW x 10	0.75 x BW x 10	0.75 x BW x 6
<u>Pull-Ups</u>	> 10	6	3	1
<u>Push-Ups in 2 Min</u>	> 60	50	40	< 30
<u>Sit-Ups in 1 Min</u>	50	45	30	< 25

Table 3 – 1 . Power (Male)

Category \ Test	Excellent	Average	Below Average	Poor
Vertical Jump	> 24"	22.5"	22"	20.5"
Standing Long Jump	> 2.8 m	2.6 m	2.4 m	< 2.2 m

Table 3 – 2 . Power (Female)

Category \ Test	Excellent	Average	Below Average	Poor
Vertical Jump	> 17.5"	16.9"	16"	15.5"
Standing Long Jump	> 2.5 m	2.3 m	2.1 m	< 1.9 m

Table 4 – 1 . Speed (Male)

Category \ Test	Excellent	Average	Below Average	Poor
30 Yard Dash	< 3.85	3.9	4.0	> 4.2

Table 4 – 2 . Speed (Female)

Category \ Test	Excellent	Average	Below Average	Poor
30 Yard Dash	< 4.2	4.3	4.5	> 5.0

Table 5 . Flexibility (Males & Females)

Category \ Test	Excellent	Average	Below Average	Poor
<u>Seated Straight Leg Toe Touch</u>	Wrist to toes	Fingertips to toes	Fingertips to mid-shin	Wrists to knees
<u>Wall Squat</u>	Deep squat to ground without knees touching wall	Deep squat with knees lightly touching wall	Partial squat without knees touching wall	Shallow squat and knees touch wall

NOTE: Wall Squat is done facing a wall with toes approximately 2 inches away from the wall. Individual is to squat down with arms outstretched at the level of the thighs with palms touching wall and sliding down as the individual squats. This assesses hip, knee, ankle, and lower back flexibility.

Table 6. Body Composition – Waist to Hip Ratio (WHR)

Gender \ WHR	Males	Females
Overweight with Increased Health Risks	≥ 0.90	≥ 0.85

NOTE: Hips are measured at the fullest part of the buttocks. Waist is measured approximately 1 inch above the top of the hip bone. The equation for waist to hip ratio is the waist measured in inches divided by the hips measured in inches. Generally the higher the waist to hip ratio, the higher the risk is for chronic health conditions.

Table 7. Body Composition - % Fat

Category \ Gender	Excellent	Average	Below Average	Poor
Male	$\leq 7 - 11 \%$	12 %	18 %	> 20 %
Female	$\leq 13 - 16 \%$	17 %	22 %	> 25 %