



City of Oshkosh Police Department

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PROFESSIONALISM • PRIDE • INTEGRITY • TEAMWORK

PHYSICAL AGILITY TESTING

The Oshkosh Police Department adopts the FitForce Physical Readiness Test designed for entry level Patrol Officers. The minimum standards used by this department are the same standards a new recruit must meet to graduate from a Law Enforcement Recruit Academy in the State of Wisconsin. The specific tests and standards are listed below.

<u>PHYSICAL READINESS TEST</u>	<u>MINIMUM STANDARD</u>
1.5 mile run	16:57
300 meter run	68 seconds
Push-ups	23
Sit-ups	30
Vertical jump	14 inches
Agility Run	19.5 seconds

The Oshkosh Police Department Physical Agility Test will be administered by an officer trained in the FitForce program. This step in the selection process will take place after the Written Test and Assessment Center.

Candidates are encouraged to prepare themselves for the Physical Agility Test before the date of the test. The minimum standard must be met in every test to advance in the Patrol Officer selection process.