



Niagara County Law Enforcement Academy
SUNY Niagara
3111 Saunders Settlement Rd
Sanborn, NY 14132
716-614-6830 | NCLEA@niagaracounty.com

January 13, 2025

Dear Candidate:

The following is information regarding a retest for the Correction Officer physical fitness exam. Candidates who failed the January 11th test have another opportunity to pass. Candidates that were unable to make the original test due to a valid excuse may also take the physical agility test on this date but will not be offered another retest opportunity. Please find below and attached for those who wish to be considered:

Physical Fitness Screening Test:

- All elements of the agility test are scored on a pass/fail basis and candidates must satisfactorily complete each element of the test. Candidates who fail the agility test will be restricted from certification on the certified eligible list.
- Prior to participating in the practice or official Physical Fitness Screening Test (Agility), he/she must provide a statement from her/his physician on forms provided by the Niagara County Sheriff's Office, stating that the candidate is physically capable of participating in the agility test. Physician certification will be good for six (6) months. Enclosed, please find required form and the testing requirements. **If you submitted this at the January 11th test you don't need to resubmit it.**
- **BRING PHYSICIAN STATEMENT TO THE SCREENING SITE LISTED BELOW.**
- Candidates who fail to appear for the scheduled Physical Fitness Screening Test (Agility) will have failed and will be restricted from certification on the Certified Eligible List. Allowance may be made for military service (copy of military orders). Candidates may submit a waiver to Niagara County Civil Service Office, 111 Main St., Lockport, NY 14094 or civilservice@niagaracounty.com. Their contact number(s) are 716-438-4073 or 716-438-4074.
- Candidates are required to **bring a driver's license and the Physical Agility Test form** with the highlighted section filled out on the testing date.

The Screening test will be administered on February 15th, 2025 at 9:00 AM at:

Building H Athletics

SUNY Niagara 3111 Saunders Settlement Road Sanborn NY 14132

Please arrive early. Late arrivals will be removed from the list. If you have any questions or related issues with respect to the physical agility test, please call me at the number listed below.

Lieutenant Jason Kobrin (Corrections Training) Niagara County Sheriff's Office - (716) 438-3415
jason.kobrin@niagaracounty.com.

PHYSICAL FITNESS STANDARDS

QUALIFYING PHYSICAL FITNESS SCREENING TEST (AGILITY)

SUNY NIAGARA- G218
SANBORN, NY, 14132
716-614-6830 OFFICE

CO-DIRECTORS: LIEUTENANT JOHN VOSBURGH NCSO
LIEUTENANT JASON KOBRIN NCSO



**NIAGARA COUNTY
CIVIL SERVICE**
GOLDEN TRIANGLE OFFICE BLDG.
111 MAIN STREET, SUITE G2
LOCKPORT, NEW YORK 14094

MALCOLM A. NEEDLER
Personnel Officer

(716) 438-4071
(716) 438-4077 Fax

PHYSICAL FITNESS SCREENING TEST RESULTS

DATE OF TEST: **February 15th, 2025**

TITLE/DEPARTMENT OF VACANCY: **NCSO/Corrections**

Print Candidate's Name _____	Last 4 of SSN _____
Candidate's Signature _____	
Date of Birth _____	Age _____ Sex _____

Physician's release submitted: _____ Yes _____ No

ID VERIFIED: _____
Trainer's Initials

TEST	MINIMUM PASSING SCORE	TRAINER'S INITIALS	CANDIDATE'S SCORE
SIT-UPS (Number completed)			
PUSH-UPS (Number completed)			
1.5 MILE RUN (Time Minutes: Seconds)			

The candidate meets the Physical Fitness Standards: _____ Yes _____ No

Print Trainer's Name

Trainer's Signature

**NIAGARA COUNTY
LAW ENFORCEMENT ACADEMY**

SUNY Niagara

**PHYSICAL FITNESS STANDARDS FOR BASIC CORRECTION OFFICER RECRUIT
TRAINING CLASS**

The Physical Fitness Standards (on reverse) are required of each Recruit Correction Officer attending the Basic Corrections Training Course. Using the Physical Fitness Standards as a guide, please evaluate the Recruit Police Officer's physical well being and ability to perform strenuous physical exercises.

I have examined Recruit Officer _____ Date _____

This person is / is not (**circle one**) physically able to participate in all of the strenuous physical exercises noted above and on the attached Physical Fitness Standards sheet.

PLEASE PRINT

Physician's Name - _____

Address - _____

Telephone - _____

Signature - _____

*When completed, please give completed form to the recruit being examined. They will return it to the Law Enforcement Academy when they arrive for the test.

Recruits are not required to be examined by their personal physician but may be examined by a physician at WNY Occupational Medicine (Lockport); Immediate Care/Urgent Care facilities, etc.

CORRECTION OFFICER PHYSICAL FITNESS STANDARDS

QUALIFYING PHYSICAL FITNESS SCREENING TEST (AGILITY)

Sit-up: Muscular endurance (core body) – the score indicated below is the number of bent-leg sit-ups performed in one minute.

Push-up: Muscular endurance (upper body) – the score below is the number of full-body repetitions that a candidate must complete without breaks.

1.5-Mile Run: Cardiovascular capacity – the (time) score indicated below is calculated in minutes and seconds.

GENDER/AGE	SIT-UP	PUSH-UP	1.5-MILE RUN
MALE			
20-29	33	22	13:58
30-39	30	17	14:33
40-49	24	11	15:32
50-59	19	9	17:30
60+	15	6	20:13
FEMALE			
20-29	24	10	17:11
30-39	20	8	18:18
40-49	14	6	19:43
50-59	10	-	21:57
60+	3	-	23:55