



Niagara County Law  
Enforcement Academy  
SUNY Niagara  
3101 Saunders Settlement Rd.  
Sanborn, NY 14132  
716-614-6830

March 18<sup>th</sup>, 2026

Dear Candidate:

You have been scheduled for a physical fitness screening test as part of the examination for Correction Officer. In order to be considered for positions with the Sheriff's Office, please read the following information carefully.

**Physical Fitness Screening Test:**

- Candidates will have two (2) opportunities to complete the Physical Fitness Screening Test (Agility) portion of their Civil Service Exam. 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 first agility test will be given an opportunity to test again at a later date. Candidates who fail the second agility test will be restricted from certification on the certified eligible list.
- Prior to participating in the Physical Fitness Screening Test (Agility), candidates 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.
- **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) or for a medical procedure/reason documented by a physician. Documentation must be submitted prior to the scheduled agility test date. Candidates who passed a physical agility test within the past year may submit a waiver to Niagara County Civil Service Office, 111 Main St., Lockport, NY 14094 or [civilservice@niagaracounty.gov](mailto:civilservice@niagaracounty.gov). 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 April 25<sup>th</sup>, 2026 at 9:00 AM at:**

Niagara County Law Enforcement Academy

SUNY Niagara 3101 Saunders Settlement Road Sanborn NY 14132

Please arrive no later than 0855. 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.

NIAGARA COUNTY LAW ENFORCEMENT ACADEMY  
SANBORN, NY, 14132  
716-614-6830 OFFICE

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

Lieutenant Jason Kobrin (Corrections Training) Niagara County Sheriff's Office - (716) 438-3415  
[jason.kobrin@niagaracounty.gov](mailto:jason.kobrin@niagaracounty.gov).

## 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. **The 1.5-mile run will only be administered to such individuals who have successfully completed each of the other two (2) elements of the test battery (sit-up and push-up).**

GENDER/AGE	SIT-UP	PUSH-UP	1.5-MILE RUN
<b>MALE</b>			
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
<b>FEMALE</b>			
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

**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 - \_\_\_\_\_

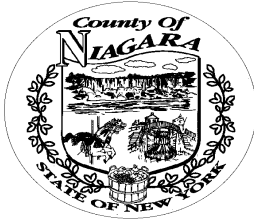
Address - \_\_\_\_\_

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.



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

**JOSEPH A. VACANTI JR.**  
*Personnel Officer*  
(716) 438-4071  
(716) 438-4077 Fax

**PHYSICAL FITNESS SCREENING TEST RESULTS**

DATE OF TEST: **April 25th, 2026**  
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
<b>SIT-UPS</b> (Number completed)			
<b>PUSH-UPS</b> (Number completed)			
<b>1.5 MILE RUN</b> (Time Minutes: Seconds)			

The candidate meets the Physical Fitness Standards: \_\_\_\_\_ Yes      \_\_\_\_\_ No

\_\_\_\_\_  
Print Trainer's Name

\_\_\_\_\_  
Trainer's Signature