



**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

Dear Deputy Sheriff/Police Officer Candidate,

You will be scheduled to perform the physical agility screening portion of the hiring process for Deputy Sheriff/Police Officer on June 22nd, 23rd, or 24th at 9am, 11am, or 1pm. Date/time assignments will be alphabetical and emailed to candidates beginning Monday, May 11. **If you did not take the written exam you are not eligible to participate.**

***PLEASE READ AND FOLLOW ALL OF THESE INSTRUCTIONS CAREFULLY.  
IF YOU FAIL TO PARTICIPATE IN THE PHYSICAL AGILITY TEST WITHOUT A VALID DOCUMENTED  
EXCUSE YOU WILL NOT APPEAR ON THE ELIGIBLE LIST ONCE GRADES ARE RECEIVED.***

**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 agility test will be restricted from certification on the certified eligible list. A retest will be scheduled at a later date.
- Prior to participating in the Physical Agility Screening Test, he/she must provide a statement from their 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 a SIGNED ORIGINAL of the PHYSICIAN STATEMENT TO SCREENING SITE LISTED BELOW**
- **Bring your actual driver's license and a photocopy of it that we will keep for our records.**
- Candidates who are unable to participate on the assigned date/time **MUST contact Niagara County Civil Service** at 716-438-4071 or [civilservice@niagaracounty.gov](mailto:civilservice@niagaracounty.gov) **PRIOR** to the test date. Written documentation is required to support requests to be excused or reassigned.

The Screening test will be administered at:

SUNY NIAGARA (NCCC)  
3111 Saunders Settlement  
Auxiliary Gym (H-156)

**\*Parking will be in Lot 1 (Enter off Saunders Settlement Road). Testing will start promptly at your assigned time and late arrivals will be turned away.**

**\*\*\*DO NOT PARK IN RESTRICTED PARKING OR YOU WILL BE TICKETED BY CAMPUS SECURITY**

Your Point of Contact upon arrival is Lieutenant John Vosburgh from the Sheriff's Office (716) 614-6830.  
If you have any questions or related issues with respect to the physical agility test, please contact:

Lieutenant John Vosburgh  
Niagara County Sheriff's Office  
Co-Director, Niagara County Law Enforcement Academy

**NIAGARA COUNTY**  
**LAW ENFORCEMENT ACADEMY**  
3101 Saunders Settlement Road- NCLEA, Sanborn NY, 14132

**PHYSICAL FITNESS STANDARD POLICE OFFICER**  
**RECRUIT TRAINING CLASS**

The Physical Fitness Standards (on reverse) are required of each Recruit attending the Basic Course for Police. Each Recruit will be performing these types of exercises daily.

Additionally, Recruit Officers will be required to participate in Defensive Tactics, Weapon Retention and other strenuous group exercises and activities.

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.

**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.

<b>GENDER/AGE</b>	<b>SIT-UP</b>	<b>PUSH-UP</b>	<b>1.5-MILE RUN</b>
<b>MALE</b>			
<b>20-29</b>	38	29	12:38
<b>30-39</b>	35	24	12:58
<b>40-49</b>	29	18	13:50
<b>50-59</b>	24	13	15:06
<b>60+</b>	19	10	16:46
<b>FEMALE</b>			
<b>20-29</b>	32	15	14:50
<b>30-39</b>	25	11	15:43
<b>40-49</b>	20	9	16:31
<b>50-59</b>	14	-	18:18
<b>60+</b>	6	-	20:16