

June 24, 2026

Town of Lewiston Police Officer – 1 permanent part-time vacancy

Dear Police Officer Candidate,

You have been scheduled to perform the physical agility screening portion of the hiring process for Police Officer –Town of Lewiston. Please read the following carefully.

Physical Fitness Screening Test:

- Candidates who have not previously been tested will have two (2) opportunities to complete the Physical Fitness Screening Test (Agility) portion of their Civil Service examination. 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 given an opportunity for a re-test at a later date.
- Candidates who were unable to attend the July 1, 2025 physical agility test and those participating in this retest, will have one (1) remaining opportunity to complete the physical fitness screening test (agility) portion of their civil service examination.
- Candidates who participated and passed the physical agility test on July 1, 2025 will need to be re-tested as test results are only valid for one (1) year.
- Prior to participating in the Physical Agility Screening Test, he/she must provide a statement from their physician on forms provided by the Lewiston Police Department, 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 fail to appear for the scheduled Physical Agility Screening Test will have failed the agility test and will be restricted from certification on the Certified Eligible List. Allowance may be made for military service (copy of military orders). Documentation must be submitted prior to the scheduled agility test date. If you wish to go inactive on the Civil Service list or you can't get medical clearance to participate, you must contact Niagara County Civil Service at 716-438-4073 or civilservice@niagaracounty.gov prior to the test date.

The Screening test will be administered on **Friday, July 17, 2026 at 09:00AM** at:

Lewiston Police Department
4059 Creek Road
Youngstown, NY 14174

Your Point of Contact upon arrival is Officer Jonathan Smith from the Lewiston Police Department.

If you have any questions or related issues with respect to the physical agility test, please contact:

Lewiston Police Department
(716) 754-8477

LEWISTON POLICE DEPARTMENT

4059 Creek Road

Youngstown, NY 14174

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.

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