



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

July 31, 2026

Dear Candidate:

You have been scheduled for a physical fitness 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. Their contact number is 716-438-4071.
- 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 Saturday, August 29th, 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.

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



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

JOSEPH A. VACANTI JR.
Personnel Officer

(716) 438-4071 LOCKPORT, NEW
(716) 438-4077 Fax

PHYSICAL FITNESS SCREENING TEST RESULTS

DATE OF TEST: **August 29th, 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
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.