

## STOCKTON POLICE DEPARTMENT

### DIRECTIVE

June 28, 2017

TO: All Personnel

FROM: Chief Eric Jones

TYPE: Departmental Informational Order #14-I-065

SUBJECT: **FITNESS RECOGNITION PROGRAM**

The Department is excited to implement a Fitness Recognition Program, for both sworn and civilian employees. As part of the Department's Wellness Program, in conjunction with the Stockton Police Officer's Association, employees will now be recognized for their personal, physical fitness performance efforts.

Participation in the Fitness Recognition Program will be completely voluntary. Employees choosing to do so will have the option of completing one of three different tests. Performance will be assessed by the qualifying time of each participant. Each test will have a time table, denoting Basic, Intermediate, Advanced, and Expert levels. Once completed, employees will be presented with, and authorized to wear, a paracord bracelet, representing the fitness level they have achieved. The paracord bracelet colors will be awarded as follows:

Black	Expert
Blue	Advanced
Green	Intermediate
Grey	Basic

Testing is tentatively scheduled for the week of August 18, 2014. Final dates and times will be posted later. Interested employees should contact Sgt. Kathryn Nance or Sgt. John Snyder with any questions.

ADMINISTRATIVE SERVICES DIVISION - # 1306

Original approved by Deputy Chief Rick Salsedo

# Fitness Recognition Program Testing Options

## **Test Option #1**

400 meter Farmers Carry (35 pounds women / 53 pounds men carried in each hand)  
50 burpees

Expert- under 6 minutes  
Advanced- 6:01- 8 minutes  
Intermediate - 8:01- 10 minutes  
Basic- over 10 minutes

## **Test Option #2**

On a 7:00 minute clock

400 meter run  
Followed by AMRAP (as many rounds as possible)  
5 pull ups (banded or Kipping pull-ups allowed)  
10 pushups  
15 squats

Expert	6 or more rounds completed
Advanced	5-6 rounds
Intermediate	4-5 rounds
Basic	less than 4

## **Test Option #3**

6 mile or 3 mile run. (3 mile run will only achieve intermediate or basic level)

Expert	6 miles in 42 minutes or less
Advanced	42:01- 46 minutes
Intermediate	6 miles in more than 46 minutes 3 miles in less than 24 minutes
Basic	3 miles in more than 24 minutes