

The Medina Civil Service Commission does require candidates to pass a physical fitness test in order to remain on the provisional eligible list for consideration into the Medina Police department. All candidates that pass the written test will advance to the physical fitness testing.

The **physical fitness testing** date has been set for **Sunday, April 10, 2022** at various times throughout the day based on your written test score. Location is yet to be confirmed. Be prepared for all types of weather; dress appropriately. All events could be held outside, rain or shine. Bring water as needed.

All results are measured against a scale of ratings, based on age and gender. The Ohio Peace Officer Training program guidelines will be used as our standards for testing.

- Push-ups -one minute, maximum
- Sit-ups -one minute, maximum
- One & half mile run -timed

Physical Fitness Standards Age & Gender Minimum Scores

	Males (≤ 29)	Females (≤ 29)
Push-ups	33	18
Sit-ups	40	35
1.5 mile run	11:58	14:07
	Males (30-39)	Females (30-39)
Push-ups	27	14
Sit-ups	36	27
1.5 mile run	12:25	14:34