



KANSAS CITY MISSOURI POLICE DEPARTMENT

DATE OF ISSUE

EFFECTIVE DATE

NO.

PERSONNEL POLICY

9-11-12

9-11-12

811-4

SUBJECT

Policy Series 800: Member's Health
811 – Aerobics Program

AMENDS

REFERENCE

PPBM: Commendation and Honor Awards; Extra (E) Days

RESCINDS

PPBM: 811-3

I. INTRODUCTION

The department encourages its members to maintain their physical well being at a higher than average level. Testing aerobic capacity is a way to identify those department members who have reached a desirable level of physical conditioning and to provide an incentive for continued physical conditioning.

II. TERMINOLOGY

- A. **Physical Abilities Test (P.A.T.)** – A pre-determined course to determine agility, coordination, strength, endurance, and cardiovascular fitness within a specific time period based on age and gender with an award of two (2) Extra (E) Days and the Physical Fitness Ribbon.
- *B. **Sport Run/Walk** – A pre-determined distance within a specific time period with an award of one or two Extra (E) Days depending on final time. There is no variance in criteria based on age or gender. The run/walk can be done by walking, jogging, running, or a combination of all.

III. POLICY

- *A. Members may select only one of the two events in the Aerobics Program to qualify for E-Days in a six-month period. However, if a member has chosen the Sport Run/Walk to earn E-Days, the member may also participate in the Physical Abilities Test and compete for the Physical Fitness Ribbon.
- *B. Awarding of E-Days for the Sport Run/Walk
 - 1. If a member completes the distance of 2.25 miles in 25:00 minutes, they will be awarded two (2) E-Days.
 - 2. If a member completes the distance of 2.25 miles in 25:01 to 30 minutes, they will be awarded one (1) E-Day.
 - 3. This event is not age or gender specific.
- C. Participation is voluntary and will be conducted during off-duty time.

- D. Any injury or illness sustained as a result of participation will be considered non-duty related.
- E. Eligibility for participation will be based on the following criteria:
 - 1. All members must have completed the probationary period.
 - 2. No member on limited duty will be allowed to participate.

***IV. PROCEDURE**

- A. The Training Unit will schedule and administer the Physical Abilities Test and the Sport Run/Walk. The Sport Run/Walk may be administered on the indoor or outdoor track at the determination of the Training Unit staff.
- B. The Training Unit will distribute the Aerobics Eligibility List and dates that the program will be administered each month via the Intranet.
- C. Members may participate in the Aerobics Program on a bi-annual basis during their eligible month or, if necessary, one month following their eligible month.
 - 1. Members may select any one of the dates available during their eligible month or one month past and may show up on that date.
 - 2. In order to reschedule more than one month past, an Interdepartment Communication, Form 191 P.D., with the member's division commander's endorsement, is required. The six-month rotation will be adjusted based on the new month.
 - 3. Members whose names do not appear on the Aerobics Eligibility List or members wishing to participate in the Sport Run/Walk for the first time must contact the Training Unit for scheduling.
- D. The Physical Abilities Test will be offered one Friday each month and the date will be announced by the Training Unit via the Intranet.
- E. Participants will be required to read and sign Aerobics Program Testing and Results, Form 5080 P.D., which will include a waiver of liability. If a member is found to be ineligible to participate, E-Days will not be awarded and the member will be notified.
- F. The Training Unit will forward a list of names of those members who have successfully completed the Physical Abilities Test to the Media Relations Unit and will enter all E-Days earned through the Aerobics Program.

- G. The Media Relations Unit will issue the Physical Fitness Ribbon to respective members via the member's division commander.

Darryl Forté
Chief of Police

Adopted by the Board of Police Commissioners this ____ day of _____, 2012.

Lisa Pelofsky
Board President

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Public View Master Index – Internet
Department Master Index – Intranet
Policy Acknowledgement SyStem (PASS)

Physical Abilities Test (P.A.T.)

Age	Male	Female
21-25	2:06	2:52
26-30	2:16	3:02
31-35	2:26	3:12
36-40	2:36	3:22
41-45	2:46	3:32
46-50	2:56	3:42
51-55	3:06	3:52
56+	3:16	4:02

Sport Run/Walk

This event is not age or gender specific.

Distance – 2.25 miles

Time – 25:00 – Two Extra (E) Days

Time – 25:01 to 30:00 – One Extra (E) Day

KANSAS CITY MISSOURI POLICE DEPARTMENT
PHYSICAL ABILITIES TEST

