



WEST WHITELAND TOWNSHIP POLICE DEPARTMENT



WEST WHITELAND TOWNSHIP POLICE PHYSICAL FITNESS TEST BATTERY

¼ Mile Run. All candidates must complete the run in two (2) minutes.

Sit ups. Total number of repetitions performed in one minute.

Age 20 to 29 Males: 35
Females: 30

Age 30 to 39 Males: 32
Females: 22

Age 40 to 49 Males: 27
Females: 17

Age 50 to 59 Males: 21
Females: 12

Stair Tower. All candidates must complete the climb and descent in one (1) minute. Candidates will receive a one second penalty for every step missed during the descent.

50 Yard Sprint. All candidates must complete the sprint in ten (10) seconds.

25 Yard Body Drag. Ten (10) minute time limit. Candidates will be required to drag a 150-pound dummy 25 yards. Stopping to re-adjust hand grip is permitted. Dropping the dummy is not permitted and will result in elimination from the testing process.

Failure to complete any of the above events will eliminate the candidate from the hiring process.

West Whiteland Township is an equal opportunity employer

101 COMMERCE DRIVE · EXTON · PA · 19341

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