

Kenai Police Department

Physical Conditioning Testing Information

Officers are responsible for physical conditioning. Officers at all ranks must maintain a level of physical conditioning sufficient to perform daily tasks with vigor, alertness, and only reasonable fatigue and must be capable of all levels of exertion required to handle crisis and emergency situations. An officer's level of conditioning must be sufficient that they can maintain good judgment and make correct decisions during and after periods of physical exertion.

Basis for standards. The Cooper Aerobic Standards will be used as the basis for the Department's physical conditioning test.

Physical conditioning testing. As part of the hiring process, applicants will be required to complete and pass the following minimum standards on the physical conditioning testing:

- Pushups – 25 total – unlimited time
- Sit-ups – 27 total – one minute
- 1.5 mile run – 15:12 minutes

Please direct any further inquiry regarding the physical conditioning testing to Lieutenant Ben Langham at 907-283-7879.