



CITY OF ROCKWALL POLICE DEPARTMENT PHYSICAL AGILITY

Health and Safety Warning!

We **strongly recommend** that anyone with a physical limitation or medical condition who is considering participation in the physical agility exercise contact their own physician **prior** to the exercise, and withdraw from the hiring process if further participation could be dangerous to the participant's health.

The City of Rockwall, its agents, and employees do not assume any responsibility for your health condition or the effects that the physical agility examination process could have relative to your health condition.

Purpose

The purpose of this policy is to establish a standard physical fitness exercise to measure the total fitness and physical readiness needed for police applicants.

The row test is designed to determine the overall fitness level, while physically challenging the upper and lower part of the body. This full body exercise movement, functionality, addresses the physical demands police may encounter.

The Rower is a tool to measure VO2max from the horizontal plane outside of water. VO2max stands for maximum oxygen uptake and refers to the amount of oxygen your body is capable of utilizing in one minute. VO2max is a scientifically accepted measure of cardio respiratory fitness.

Procedures

All applicants will be subjected to a 2000-meter row test. The test will be conducted on a Concept 2 Row Machine with the damper setting on the flywheel set to 5. Once the test has started, the applicant is expected to complete the 2000-meter distance.

The applicant's age, gender, and weight will be used to calculate the maximum amount of time allowed for the participant to complete the 2000-meter row. This calculation will be done using the Texas Department of Public Safety VO2 calculator, which can be accessed on their website: <https://www.dps.texas.gov/ETR/FitnessWellness/concept2RowerCalc.htm>

How to Determine Minimum Time Recommendation

The formula used to calculate the percentage output is based on 3 categories:

1. Age
2. Weight
3. Gender

How to use the VO2 Calculator:

1. Click on the VO2 Calculator
2. Select Gender
3. Select Age Range
4. Enter Weight of applicant

Once you have entered the information, the website will calculate the time required to complete the 2000-meter row in order to meet 70% VO2max. The 70th percentile will be the target output for a police applicant.

The row test is used to measure an applicant's cardio respiratory fitness and **MUST** be completed. However, an applicant's failure to meet the 70th percentile **WILL NOT** disqualify them from proceeding in the hiring process.

Applicants who are unable to finish the row test for any reason, are eligible to re-test once within a year.