

**BOROUGH OF CRAFTON
RESOLUTION NO. 2022-007**

A RESOLUTION of the Borough of Crafton, Allegheny County, Pennsylvania, amending the Rules and Regulations of the Civil Service Commission to update the Physical Fitness/Agility Examination.

WHEREAS, the Council of the Borough desires to amend Resolution 2021-023 which established a general fee schedule to update the 2022 Pool Rates; and

NOW, THEREFORE, the Council of the Borough of Crafton hereby resolves to amend Section 17. C (1) as follows:

WHEREAS, the Rules and Regulations of the Civil Service Commission need to be updated to adhere to current physical testing requirements.

NOW, THEREFORE, the Council of the Borough of Crafton hereby resolves to amend Section 17. C (1) as follows:

SECTION 1. Section 4.7 Physical Fitness/Agility Examination is hereby amended as follows (new language is underlined; deleted language struck through):

~~Applicants for the position of police officer must meet the following requirements:~~

1. ~~1. **Stretcher Carry.** Applicants will be paired off and required to carry a stretcher with a simulated patient weighing approximately two hundred (200) lbs. over a distance of one hundred (100) feet. Those applicants failing on the first attempt will be allowed to retake the exercise with a person who has successfully completed the exercise.~~
2. ~~2. **Body Drag.** An applicant is required to drag a simulated motor vehicle operator weighing approximately two hundred (200) lbs. to a point fifty (50) feet from the motor vehicle, within 15 seconds.~~
3. ~~3. **Quarter Mile Run.** An applicant is required to run a distance of one quarter (1/4) mile on a pre-measured course in less than one hundred and ten (110) seconds.~~
4. ~~4. **Window Climb.** An applicant is required to climb through a six (6) foot high level window without assistance onto a three (3) foot level platform on the other side of the window, and then to the ground. Applicants must then circle around a marker twenty (20) feet beyond the window and return up the three (3) foot high platform and out the window onto the ground below.~~
5. ~~5. **30-Second Trigger Pull.** Within a 30 second time limit per hand, an applicant is required to repeatedly pull thirty (30) times with the dominant/strong hand and fifteen (15) times with the opposite/weak hand the trigger of a double action nonfunctional revolver with arms horizontally extended.~~

Applicants for the position of police officer must meet the following requirements by passing all phases of a physical fitness test administered by the Allegheny County Police Training Academy or any agency or examiner chosen by the Commission to test physical fitness that is job related and consistent with business necessity:

1. Aerobic power as measured by the 1.5 mile run: Applicant is required to cover a measured distance of 1.5 miles on an assigned course within 16 minutes and 28 seconds.
2. Anaerobic power as measured by the 300 meter run: Applicant is required to cover a measured distance of 300 meter within 72 seconds.
3. Upper-body muscular endurance as measured by the push-up test: From a front supported position, hand and feet (toes), lower body as a unit with shoulders, hips, and legs in the same plane, lowering the body by bending elbows until the upper arms are parallel to the ground, and return to a front supported position by straightening the arms, 21 times. Once commenced, the push-up sequence must be continuous until the number of repetitions is reached or 1 minute lapse, whichever occurs first.
4. Abdominal muscular endurance as measured by the one minute sit-up test: With legs bent at a 90 degree angle, heels on the mat or ground, fingers interlocked behind the head, lift the body, touch elbows to knees and return to the starting position, shoulders touching the mat or ground, 29 times within one (1) minute. Feet may be together or apart and may be held but not knelt upon by another. Fingers must stay interlocked behind the head throughout the event. The back cannot be arched and the buttocks cannot be lifted from the mat.
5. Above Physical Fitness Test is a cumulative test. Each event is pass/fail, thus if one event is failed, the entire test is failed.

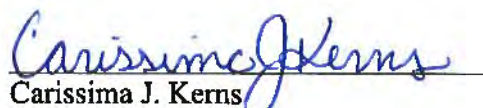
SECTION 2. All prior resolutions are hereby repealed in whole or in part to the extent inconsistent herewith.


SECTION 3. This Resolution shall take effect in accordance with applicable law.

RESOLVED and ADOPTED this 24th day of March, 2022 by the Council of the Borough of Crafton, in lawful session duly assembled.

ATTEST:

BOROUGH OF CRAFTON


Carissima J. Kerns
Borough Secretary


John Oliverio
Council President