



## **Brantford Police Service Auxiliary Police Program**

### **Auxiliary Fitness Testing**

Please review the entire document and ensure you are prepared to complete the fitness portion of the Auxiliary testing. It is recommended that you consult with your physician to ensure you are able to safely proceed. You will be required to complete a PAR-Q+ form prior to completing the physical testing with the Brantford Police Service. Once you enter into the process, this form will be e-mailed to you to bring on the assigned testing date.

You will be required to obtain a **65% minimum score** on the testing date to proceed. The fitness testing will involve the Ontario Police Fitness Award Pin Program (PIN) utilizing the 20 Metre Leger shuttle run. The testing will involve the following (refer to the attached pages for scoring):

1. Push-ups
2. Core Endurance Test
3. Trunk Forward Flexion
4. 20 Metre Shuttle Run

For more information on the Ontario Police Fitness Award Pin Program (PIN) click on the link below:

[Ontario Police Fitness Pin Award Program - PFPO](#)

**TABLE 6.1**  
**MALE PUSH-UPS**  
**RESULTS AND SCORES**

| <b>SCORE</b> | <b>AGE 20-29</b> | <b>AGE 30-39</b> | <b>AGE 40-49</b> | <b>AGE 50-59</b> | <b>AGE 60+</b> |
|--------------|------------------|------------------|------------------|------------------|----------------|
| <b>20</b>    | <b>49+</b>       | <b>37+</b>       | <b>31+</b>       | <b>29+</b>       | <b>28+</b>     |
| <b>19</b>    | <b>48</b>        | <b>36</b>        | <b>30</b>        | <b>28</b>        | <b>25-27</b>   |
| <b>18</b>    | <b>36-47</b>     | <b>30-35</b>     | <b>22-29</b>     | <b>21-27</b>     | <b>18-24</b>   |
| <b>17</b>    | <b>32-35</b>     | <b>25-29</b>     | <b>20-21</b>     | <b>15-20</b>     | <b>13-17</b>   |
| <b>16</b>    | <b>29-31</b>     | <b>22-24</b>     | <b>17-19</b>     | <b>13-14</b>     | <b>12</b>      |
| <b>15</b>    | <b>27-28</b>     | <b>21</b>        | <b>16</b>        | <b>12</b>        | <b>11</b>      |
| <b>14</b>    | <b>25-26</b>     | <b>20</b>        | <b>15</b>        | <b>11</b>        | <b>10</b>      |
| <b>12</b>    | <b>24</b>        | <b>19</b>        | <b>13-14</b>     | <b>10</b>        | <b>9</b>       |
| <b>10</b>    | <b>21-23</b>     | <b>16-18</b>     | <b>12</b>        | <b>9</b>         | <b>7-8</b>     |
| <b>8</b>     | <b>18-20</b>     | <b>14-15</b>     | <b>10-11</b>     | <b>7-8</b>       | <b>6</b>       |
| <b>6</b>     | <b>16-17</b>     | <b>11-13</b>     | <b>8-9</b>       | <b>5-6</b>       | <b>4-5</b>     |
| <b>4</b>     | <b>11-15</b>     | <b>8-10</b>      | <b>5-7</b>       | <b>4</b>         | <b>2-3</b>     |
| <b>2</b>     | <b>≤10</b>       | <b>≤7</b>        | <b>≤4</b>        | <b>≤3</b>        | <b>≤1</b>      |

**TABLE 6.2**  
**FEMALE PUSH-UPS**  
**RESULTS AND SCORES**

| <b>SCORE</b> | <b>AGE 20-29</b> | <b>AGE 30-39</b> | <b>AGE 40-49</b> | <b>AGE 50-59</b> | <b>AGE 60+</b> |
|--------------|------------------|------------------|------------------|------------------|----------------|
| <b>20</b>    | <b>38+</b>       | <b>37+</b>       | <b>33+</b>       | <b>31+</b>       | <b>31+</b>     |
| <b>19</b>    | <b>37</b>        | <b>36</b>        | <b>32</b>        | <b>30</b>        | <b>30</b>      |
| <b>18</b>    | <b>30-36</b>     | <b>27-35</b>     | <b>24-31</b>     | <b>21-29</b>     | <b>17-29</b>   |
| <b>17</b>    | <b>24-29</b>     | <b>22-26</b>     | <b>20-23</b>     | <b>15-20</b>     | <b>13-16</b>   |
| <b>16</b>    | <b>21-23</b>     | <b>20-21</b>     | <b>15-19</b>     | <b>12-14</b>     | <b>12</b>      |
| <b>15</b>    | <b>20</b>        | <b>17-19</b>     | <b>14</b>        | <b>11</b>        | <b>10-11</b>   |
| <b>14</b>    | <b>18-19</b>     | <b>16</b>        | <b>13</b>        | <b>10</b>        | <b>9</b>       |
| <b>12</b>    | <b>16-17</b>     | <b>14-15</b>     | <b>12</b>        | <b>9</b>         | <b>6-8</b>     |
| <b>10</b>    | <b>14-15</b>     | <b>12-13</b>     | <b>10-11</b>     | <b>5-8</b>       | <b>4-5</b>     |
| <b>8</b>     | <b>11-13</b>     | <b>10-11</b>     | <b>7-9</b>       | <b>3-4</b>       | <b>2-3</b>     |
| <b>6</b>     | <b>9-10</b>      | <b>7-9</b>       | <b>4-6</b>       | <b>≤1-2</b>      | <b>≤1</b>      |
| <b>4</b>     | <b>5-8</b>       | <b>4-6</b>       | <b>2-3</b>       | <b>---</b>       | <b>---</b>     |
| <b>2</b>     | <b>≤4</b>        | <b>≤3</b>        | <b>≤1</b>        | <b>---</b>       | <b>---</b>     |

**Table 6.3**  
**MALE TRUNK FORWARD FLEXION**  
**RESULTS AND SCORES**

| <b>SCORE</b> | <b>AGE 20-29</b> | <b>AGE 30-39</b> | <b>AGE 40-49</b> | <b>AGE 50-59</b> | <b>AGE 60+</b> |
|--------------|------------------|------------------|------------------|------------------|----------------|
| <b>10</b>    | <b>45+</b>       | <b>44+</b>       | <b>41+</b>       | <b>42+</b>       | <b>45+</b>     |
| <b>9.5</b>   | <b>44-44.5</b>   | <b>42.5-43.5</b> | <b>39-40.5</b>   | <b>40-41.5</b>   | <b>40-44.5</b> |
| <b>9</b>     | <b>40-43.5</b>   | <b>38-42</b>     | <b>37-38.5</b>   | <b>37-39.5</b>   | <b>36-39.5</b> |
| <b>8.5</b>   | <b>37-39.5</b>   | <b>35-37.5</b>   | <b>35-36.5</b>   | <b>35-36.5</b>   | <b>32-35.5</b> |
| <b>8</b>     | <b>34-36.5</b>   | <b>33-34.5</b>   | <b>32-34.5</b>   | <b>33-34.5</b>   | <b>29-31.5</b> |
| <b>7.5</b>   | <b>33 – 33.5</b> | <b>32-32.5</b>   | <b>29-31.5</b>   | <b>30-32.5</b>   | <b>26-28.5</b> |
| <b>7</b>     | <b>32-32.5</b>   | <b>31-31.5</b>   | <b>27-28.5</b>   | <b>27-29.5</b>   | <b>24-25.5</b> |
| <b>6</b>     | <b>31-31.5</b>   | <b>29-30.5</b>   | <b>25-26.5</b>   | <b>25-26.5</b>   | <b>22-23.5</b> |
| <b>5</b>     | <b>29-30.5</b>   | <b>27-28.5</b>   | <b>23-24.5</b>   | <b>22-24.5</b>   | <b>18-21.5</b> |
| <b>4</b>     | <b>26-28.5</b>   | <b>24-26.5</b>   | <b>20-22.5</b>   | <b>18-21.5</b>   | <b>16-17.5</b> |
| <b>3</b>     | <b>23-25.5</b>   | <b>21-23.5</b>   | <b>16-19.5</b>   | <b>15-17.5</b>   | <b>14-15.5</b> |
| <b>2</b>     | <b>18-22.5</b>   | <b>17-20.5</b>   | <b>12-15.5</b>   | <b>12-14.5</b>   | <b>11-13.5</b> |
| <b>1</b>     | <b>≤17.5</b>     | <b>≤16.5</b>     | <b>≤11.5</b>     | <b>≤11.5</b>     | <b>≤10.5</b>   |

**Table 6.4**  
**FEMALE TRUNK FORWARD FLEXION**  
**RESULTS AND SCORES**

| <b>SCORE</b> | <b>AGE 20-29</b> | <b>AGE 30-39</b> | <b>AGE 40-49</b> | <b>AGE 50-59</b> | <b>AGE 60+</b> |
|--------------|------------------|------------------|------------------|------------------|----------------|
| <b>10</b>    | <b>46+</b>       | <b>46+</b>       | <b>44+</b>       | <b>44+</b>       | <b>41+</b>     |
| <b>9.5</b>   | <b>45-45.5</b>   | <b>45-45.5</b>   | <b>42-43.5</b>   | <b>42-43.5</b>   | <b>39-40.5</b> |
| <b>9</b>     | <b>41-44.5</b>   | <b>41-44.5</b>   | <b>40-41.5</b>   | <b>40-41.5</b>   | <b>37-38.5</b> |
| <b>8.5</b>   | <b>39-40.5</b>   | <b>38-40.5</b>   | <b>38-39.5</b>   | <b>38-39.5</b>   | <b>35-36.5</b> |
| <b>8</b>     | <b>37-38.5</b>   | <b>36-37.5</b>   | <b>36-37.5</b>   | <b>36-37.5</b>   | <b>33-34.5</b> |
| <b>7.5</b>   | <b>36-36.5</b>   | <b>35-35.5</b>   | <b>34-35.5</b>   | <b>34-35.5</b>   | <b>31-32.5</b> |
| <b>7</b>     | <b>35-35.5</b>   | <b>34-34.5</b>   | <b>32-33.5</b>   | <b>32-33.5</b>   | <b>29-30.5</b> |
| <b>6</b>     | <b>34-34.5</b>   | <b>33-33.5</b>   | <b>29-31.5</b>   | <b>30-31.5</b>   | <b>27-28.5</b> |
| <b>5</b>     | <b>32-33.5</b>   | <b>31-32.5</b>   | <b>26-28.5</b>   | <b>28-29.5</b>   | <b>25-26.5</b> |
| <b>4</b>     | <b>29-31.5</b>   | <b>28-30.5</b>   | <b>24-25.5</b>   | <b>25-27.5</b>   | <b>23-24.5</b> |
| <b>3</b>     | <b>26-28.5</b>   | <b>25-27.5</b>   | <b>22-23.5</b>   | <b>22-24.5</b>   | <b>21-22.5</b> |
| <b>2</b>     | <b>22-25.5</b>   | <b>21-24.5</b>   | <b>19-21.5</b>   | <b>19-21.5</b>   | <b>18-20.5</b> |
| <b>1</b>     | <b>≤21.5</b>     | <b>≤20.5</b>     | <b>≤18.5</b>     | <b>≤18.5</b>     | <b>≤17.5</b>   |

**Table 6.5**  
**MALE CORE ENDURANCE TEST**  
**RESULTS AND SCORES**

| <b>SCORE</b> | <b>AGE 20-29</b> | <b>AGE 30-39</b> | <b>AGE 40-49</b> | <b>AGE 50-59</b> | <b>AGE 60+</b>   |
|--------------|------------------|------------------|------------------|------------------|------------------|
| <b>20</b>    | <b>3:00</b>      | <b>3:00</b>      | <b>2:45-3:00</b> | <b>2:41-3:00</b> | <b>2:00-3:00</b> |
| <b>19</b>    | <b>2:50-2:59</b> | <b>2:43-2:59</b> | <b>2:30-2:44</b> | <b>2:21-2:40</b> | <b>1:53-1:59</b> |
| <b>18</b>    | <b>2:40-2:49</b> | <b>2:27-2:42</b> | <b>2:10-2:29</b> | <b>2:00-2:20</b> | <b>1:44-1:52</b> |
| <b>17</b>    | <b>2:31-2:39</b> | <b>2:13-2:26</b> | <b>1:55-2:09</b> | <b>1:50-1:59</b> | <b>1:35-1:43</b> |
| <b>16</b>    | <b>2:21-2:30</b> | <b>2:01-2:12</b> | <b>1:39-1:54</b> | <b>1:40-1:49</b> | <b>1:26-1:34</b> |
| <b>15</b>    | <b>2:12-2:20</b> | <b>1:48-2:00</b> | <b>1:23-1:38</b> | <b>1:27-1:39</b> | <b>1:17-1:25</b> |
| <b>14</b>    | <b>2:00-2:11</b> | <b>1:42-1:47</b> | <b>1:19-1:22</b> | <b>1:17-1:26</b> | <b>1:09-1:16</b> |
| <b>12</b>    | <b>1:50-1:59</b> | <b>1:36-1:41</b> | <b>1:14-1:18</b> | <b>1:06-1:16</b> | <b>1:01-1:08</b> |
| <b>10</b>    | <b>1:39-1:49</b> | <b>1:31-1:35</b> | <b>1:10-1:13</b> | <b>0:54-1:05</b> | <b>0:52-1:00</b> |
| <b>8</b>     | <b>1:35-1:38</b> | <b>1:19-1:30</b> | <b>0:59-1:09</b> | <b>0:43-0:53</b> | <b>0:42-0:51</b> |
| <b>6</b>     | <b>1:30-1:34</b> | <b>1:07-1:18</b> | <b>0:45-0:58</b> | <b>0:31-0:42</b> | <b>0:30-0:41</b> |
| <b>4</b>     | <b>1:26-1:29</b> | <b>0:56-1:06</b> | <b>0:32-0:44</b> | <b>0:20-0:30</b> | <b>0:20-0:29</b> |
| <b>2</b>     | <b>≤1:25</b>     | <b>≤0:55</b>     | <b>≤0:31</b>     | <b>≤0:19</b>     | <b>≤0:19</b>     |

**Table 6.6**  
**FEMALE CORE ENDURANCE TEST**  
**RESULTS AND SCORES**

| <b>SCORE</b> | <b>AGE 20-29</b> | <b>AGE 30-39</b> | <b>AGE 40-49</b> | <b>AGE 50-59</b> | <b>AGE 60+</b>   |
|--------------|------------------|------------------|------------------|------------------|------------------|
| <b>20</b>    | <b>3:00</b>      | <b>3:00</b>      | <b>3:00</b>      | <b>2:36-3:00</b> | <b>2:29-3:00</b> |
| <b>19</b>    | <b>2:51-2:59</b> | <b>2:51-2:59</b> | <b>2:46-2:59</b> | <b>2:13-2:35</b> | <b>2:00-2:28</b> |
| <b>18</b>    | <b>2:41-2:50</b> | <b>2:43-2:50</b> | <b>2:33-2:45</b> | <b>1:50-2:12</b> | <b>1:31-1:59</b> |
| <b>17</b>    | <b>2:32-2:40</b> | <b>2:36-2:42</b> | <b>2:20-2:32</b> | <b>1:38-1:49</b> | <b>1:14-1:30</b> |
| <b>16</b>    | <b>2:24-2:31</b> | <b>2:28-2:35</b> | <b>2:07-2:19</b> | <b>1:26-1:37</b> | <b>0:57-1:13</b> |
| <b>15</b>    | <b>2:15-2:23</b> | <b>2:20-2:27</b> | <b>1:54-2:06</b> | <b>1:14-1:25</b> | <b>0:39-0:56</b> |
| <b>14</b>    | <b>2:04-2:14</b> | <b>2:11-2:19</b> | <b>1:43-1:53</b> | <b>1:06-1:13</b> | <b>0:33-0:38</b> |
| <b>12</b>    | <b>1:53-2:03</b> | <b>2:01-2:10</b> | <b>1:32-1:42</b> | <b>0:56-1:05</b> | <b>0:26-0:32</b> |
| <b>10</b>    | <b>1:42-1:52</b> | <b>1:52-2:00</b> | <b>1:20-1:31</b> | <b>0:47-0:55</b> | <b>0:19-0:25</b> |
| <b>8</b>     | <b>1:30-1:41</b> | <b>1:35-1:51</b> | <b>1:08-1:19</b> | <b>0:37-0:46</b> | <b>0:15-0:18</b> |
| <b>6</b>     | <b>1:18-1:29</b> | <b>1:18-1:34</b> | <b>0:55-1:07</b> | <b>0:26-0:36</b> | <b>0:11-0:14</b> |
| <b>4</b>     | <b>1:06-1:17</b> | <b>1:01-1:17</b> | <b>0:42-0:54</b> | <b>0:15-0:25</b> | <b>0:06-0:10</b> |
| <b>2</b>     | <b>≤1:05</b>     | <b>≤1:00</b>     | <b>≤0:41</b>     | <b>≤0:14</b>     | <b>≤0:05</b>     |



## **Brantford Police Service Auxiliary Police Program**

### **Applicant Shuttle Run Instructions**

The Shuttle run is an intensive cardiovascular exercise requiring you to run between pylons at a 20-metre distance during an audio recording. At timed intervals, you will reach different levels which will force you to run at a faster speeds.

### **Passing the Shuttle Run**

To be accepted as an Auxiliary Police Constable, every applicant must complete the Shuttle Run as part of the Police fitness PIN test. If you do not meet the physical requirements, you will not proceed in the Auxiliary testing to the next stage.

### **Warnings and Failure**

In each leg of the Shuttle Run, warning lines, placed 2 metres (7ft) before each of the 20 metre end lines must be reached before the permitted time elapses and the audio signal sounds. You will be cautioned by an examiner if you fail to cross a warning line in time and you must still reach the end line before returning. The test ends when you miss two consecutive warning lines.

### **Preparation**

Preparing for the shuttle run varies based on your current health and cardiovascular endurance. You are strongly encouraged to prepare for the shuttle run months in advance before participating in testing. Maintaining a high level of cardiovascular endurance consistently throughout your police hiring process and your career as a police constable is critical to the effectiveness of your performance as an Officer. Feel free to reach out to your police service or the OACP for a shuttle run preparation package that can guide your cardiovascular progress. More information and video demonstrations about the Shuttle Run can be found on the links below:

[Physical Preparation - OACP Certificate Testing](#)

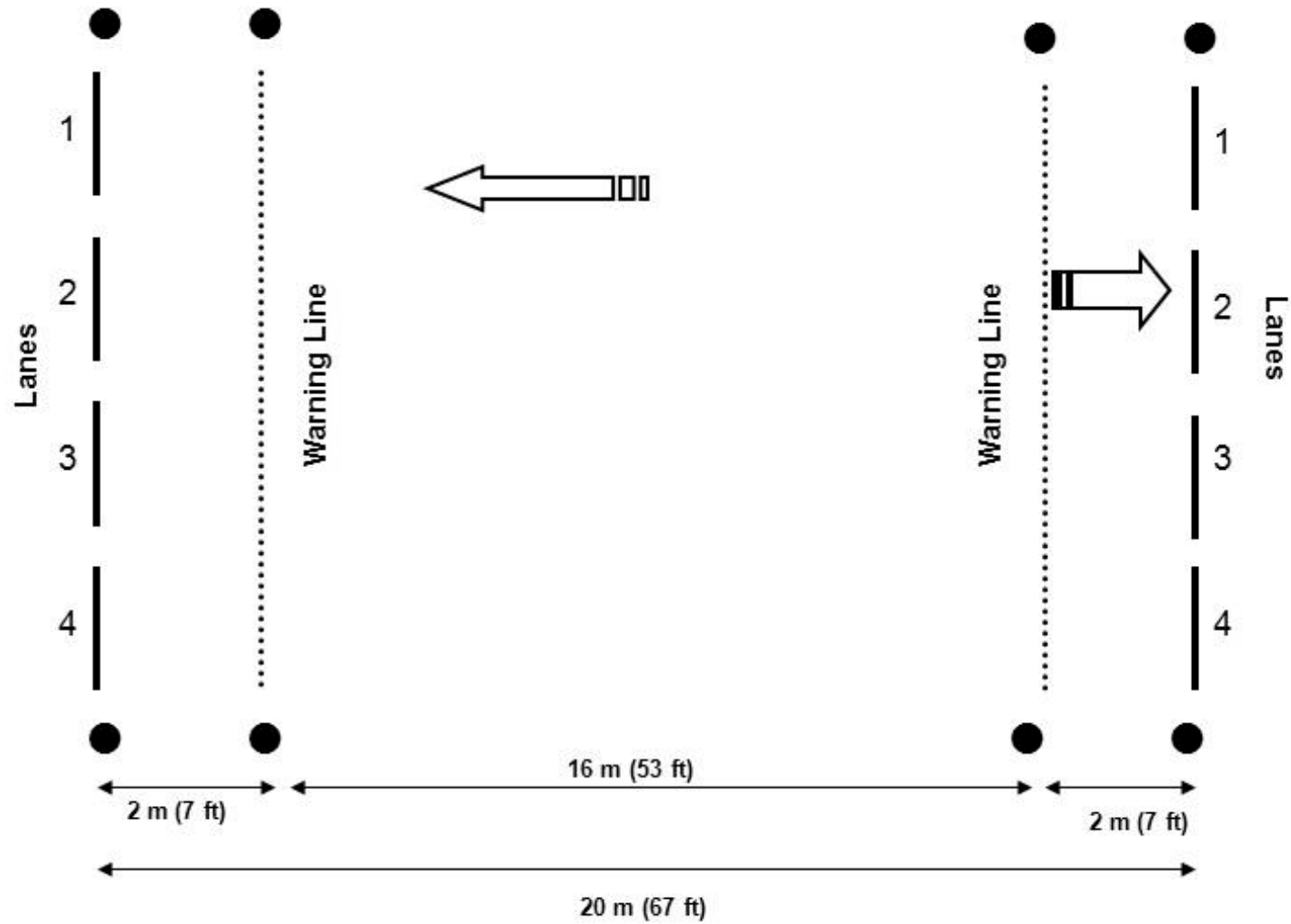
[How to Pass the Beep Test - 20m Shuttle Run Advice and Success Video](#)



**Table 6.13**  
**SHUTTLE RUN – MALES / FEMALES**  
**RESULTS AND SCORES**

| SCORE | AGE 20-29 |       | AGE 30-34 |       | AGE 35-39 |       | AGE 40-49 |       | AGE 50+ |       |
|-------|-----------|-------|-----------|-------|-----------|-------|-----------|-------|---------|-------|
|       | M         | F     | M         | F     | M         | F     | M         | F     | M       | F     |
| 50    | ≥12       | ≥9.5  | ≥11.5     | ≥9    | ≥10.5     | ≥8    | ≥9        | ≥6.5  | ≥7.5    | ≥5.5  |
| 47.5  | 11.5      | 9     | 11        | 8-8.5 | 10        | 7.5   | 8-8.5     | 6     | 7       | 5     |
| 45    | 11        | 8-8.5 | 10.5      | 7.5   | 9-9.5     | 7     | 7.5       | 5-5.5 | 6.5     | 4.5   |
| 42.5  | 10-10.5   | 7.5   | 9.5-10    | 7     | 8-8.5     | 6-6.5 | 7         | 4.5   | 5.5-6   | 4     |
| 40    | 9-9.5     | 7     | 8.5-9     | 6.5   | 7.5       | 5.5   | 6-6.5     | 4     | 5       | 3.5   |
| 37.5  | 8.5       | 6.5   | 8         | 6     | 7         | 5     | 5.5       | 3.5   | 4.5     | 2.5-3 |
| 35    | 8         | 6.0   | 7.5       | 5-5.5 | 6.5       | 4.5   | 5         | 3     | 4       | 2     |
| 30    | 7.5       | 5.5   | 7         | 4.5   | 6         | 4     | 4.5       | 2.5   | 3.5     | 1.5   |
| 25    | 7         | 5     | 6.5       | 4     | 5.5       | 3.5   | 4         | 2     | 3       | 1     |
| 20    | 6.5       | 4.5   | 6.0       | 3.5   | 5         | 3     | 3.5       | 1.5   | 2.5     | .5    |
| 15    | 6         | 4.0   | 5.5       | 3     | 4.5       | 2.5   | 3         | 1     | 2       | ----  |
| 10    | 5.5       | 3.5   | 5.0       | 2.5   | 4         | 2     | 2.5       | .5    | 1.5     | ----  |
| 5     | ≤5        | ≤3    | ≤4.5      | ≤2.0  | ≤3        | ≤1.5  | ≤2.0      | ----  | ≤1      | ----  |

### Shuttle Run Diagram



● = Traffic Cone Marker