



Probationary Employee Training Program

PHYSICAL FITNESS REQUIREMENTS



Physical Fitness Requirements

One of the objectives of the probationary employee training program is to build a solid foundation of fitness in the training academy. Once the probationary employee leaves the training academy he/she is still required to maintain a certain level of fitness. When the probationary employee returns to the training academy he/she will be required to take and pass a final fitness exam (IPE).

The probationary employees' probation will not be considered as "completed" until the probationary employee has taken and passed his/her fitness evaluation.

It is in the best interest of the employee to continue to build upon the levels of fitness that they have achieved up to this point. Based upon the final physical fitness exam prior to graduation from recruit school, certain employees will be required to contact a MCFRS peer fitness trainer for assistance in maintaining their level of fitness. The probationary employee who is required to contact a peer fitness trainer is based upon the following criteria:

Failure to meet the minimum standards in any portion of his/her fitness evaluation.

Failure to pass IPE with a time less than 11 minutes.

All of the probationary employees are encouraged to seek the assistance of peer fitness trainers at any time they feel they need assistance. The probationary employees are also invited back to the training academy to join recruit pt at anytime there is a recruit class in session.

A list of current peer fitness trainers is provided.

Furst, Kristy
Claxton, Robert
Coleman, Tony
Ford, Robert
Gross, Melissa
Hopkins, Chuck
Massarini, Susan
Ramos, Marcelo
Wright, Derrek
Bartlett, Charles
Gooding, Dave
Jones, Stacey
Montano, Wayne
Regan, Kathy
Carter, Dave
Deibler, Kenneth
Kennedy, David
Lindsey, Robert
Morimito, Jennifer
Porter, William
Wims, Kirk