



DEPARTMENT MEMO

M-90-22

August 30, 2022

SUBJECT: PHYSICAL FITNESS INCENTIVE PROGRAM 2022

In accordance with the Collective Bargaining Agreement, beginning October 3, 2022, and ending October 31, 2022 the Department will conduct annual physical fitness testing for interested uniformed OFF DUTY employees on a volunteer basis. **Members on medical lay-up are not eligible to participate in the test.**

Appointment scheduling will be online at <http://webapps.cityofchicago.org/firefitness>. Sign up will begin on August 31, 2022 and will end on September 30, 2022. Members may only make appointments for themselves; they may not sign-up other members. When making an appointment, you will need to input your file and CHIPPS employee ID numbers when scheduling your test date.

*****PLEASE READ THE FOLLOWING INFORMATION*****

DUE TO PRECAUTIONS NEEDED FOR SOCIAL DISTANCING, EACH MEMBER WILL NEED TO HAVE THE PROPER PAPERWORK COMPLETED PRIOR TO ARRIVAL.

After registration, please print your confirmation page and the CFD waiver. You must present it along with your City ID on the date of your test.

Testing will take place Monday through Friday (holiday excluded – Columbus Day October 10, 2022) with various time slots available throughout the day. Slots will be filled in the order received; it is advised that you have a few dates available when you schedule.

The testing will be conducted at the Public Education Building, located at 1010 South Clinton Street. Street parking is available around the Quinn Fire Academy campus. Do not park in the Academy parking lot.

Members must successfully pass all four (4) age/gender specific tests listed below to receive the physical fitness premium (\$450.00). Physical fitness testing is strictly voluntary and considered off duty. Good Luck!

Standards	Male	Male	Male	Male	Female	Female	Female	Female
Age	21-29	30-39	40-49	50+	21-29	30-39	40-49	50+
Sit & Reach	16"	15"	13.8'	12.8"	18.8"	17.8"	16.8"	16.3"
Sit-Ups	37	34	28	23	31	24	19	13
Bench Press	89%	87%	79%	70%	58%	52%	49%	43%
Run (1.5 Miles)	13:46	14:31	15:24	16:21	16:21	16:52	17:53	18:44

APPROVED:

**Annette Nance-Holt
Fire Commissioner**

**TO BE READ AT FOUR (4) ROLL CALLS AND POSTED
Distribution: A**