



Physical Training Test Standards

The Metropolitan Police Department uses the Cooper single norm standards regardless of age and gender for Law Enforcement and requires you to complete the following :

- Vertical Jump
- Push ups
- Sit ups
- 1.5 mile run
- 300 meter sprint



Maurice T. Turner Jr. Metropolitan Police Academy



Recruit Preparation

Commander Ralph Ennis
4665 Blue Plains Drive, SW
Washington, DC 20032
Phone: (202) 645-6669
Hours: 8:30 am-5 pm

Items to Purchase:

Boots:

Boots styles vary, but they must be shined to a high luster. You can look for these on-line or go to your nearest police supply or uniform store. As a suggestion you may want to purchase a high top for a better ankle support.



Socks:



Additionally black or dark blue socks are required.

Classroom Supplies:

- Police style reporters style notebook
- Pushbutton black ink pens
- Red ink pen
- Black #2 pencil
- Note pad & paper
- Tablet(option)
- Laptop(option)



pens, notebook and note pad required first day.

Gym Supplies:

- Plain navy blue shorts w/draw string
- Gray cotton t-shirt
- Compression shorts
- Running shoes
- White ankle socks
- Grey sweat shirt
- Navy blue sweat pants
- Black cold weather hat
- Black cold weather gloves
- Mouth piece protector
- 32 oz water bottle
- Combination lock
- Sports bra



Hygiene Products:

- Deodorant
- hand towel
- Bath/pool towel
- Shower shoes (rubber or plastic)
- Soap
- Body wash
- Lotion
- Comb & brush



Uniform Supplies:

- Black paste shoe polish
- Shoe brush
- Liquid black shoe polish
- Brasso metal polish
- Solid brass belt buckle
- 1.5" garrison belt
- Shirt stays
- Lint roller



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