

PHYSICAL CONDITIONING TESTING PROCEDURE FOR ALL BASIC LAW ENFORCEMENT COURSES THAT CONDUCT A PHYSICAL CONDITIONING COMPONENT

At the August 3, 2016 Police Training Commission meeting, the Commissioners approved a motion adding a testing standard and procedures to the physical conditioning functional area with appropriate updates to the curriculum in the Physical Conditioning Manual.

Initial testing will be done during the first physical conditioning assessment of the basic law enforcement courses (to establish a base line all events will be run).

General Physical Conditioning Testing Procedures

1. Warm up for at least three (3) minutes.
2. Perform Vertical Jump, and then recover for 1-2 minutes.
3. Perform the 1-Minute Sit-up, and then recover for 5 minutes.
4. Perform the 300 Meter Run, and then recover for 10 minutes.
5. Perform the 1-Minute Push-up, and then recover for 5 minutes.
6. Perform the 1.5 Mile Run, and then recover for 5 minutes.

Important Note: Trainees should recover through active techniques (walking, stretching, etc.). Trainees may be given more time in between events due to processing delays, but should not be given less time in between activities.

Physical Conditioning Passing Test Requirements:

Vertical Jump:	15 inches
1 Minute Sit-up:	28 repetitions
300 Meter Run:	70.1 seconds or less
1 Minute Push-up:	24 repetitions
1.5 Mile Run:	15:55 minutes or less

Trainees who fail to meet the minimum requirement of any one of the events will be given nine (9) physical conditioning sessions to improve. Following the ninth (9th) physical conditioning session they will be retested.

The physical conditioning retest to be administered will be just the event/s the trainee failed during the initial physical conditioning test.

If the trainee fails to meet these minimum requirements after receiving the additional training, the trainee will be dismissed from the academy for failure to meet the minimum requirements of the physical training standards of the academy.

Effective date: January 1, 2017

Applicable to: All of the following classes that begin after January 1, 2017:

- Basic Course for Police Officers (BCPO)
- Basic Course for Class Two Special Law Enforcement Officers (SLEO II)
- Basic Course for Investigators (BCI)
- Basic Course for State Corrections Officers (BCSCO)
- Basic Course for County Corrections Officers (BCCCO)
- Basic Course for Juvenile Corrections Officers (BCJCO).