



POLICE ENTRANCE LEVEL TRAINING PROGRAM

PHYSICAL FITNESS ASSESSMENT

The Police-Entrance Level Training Program (PELTP) has established physical fitness standards with the expectation that all recruits be able to complete them. These standards have been derived from the objectives determined by the Police Training and Standards Commission effective July 1, 2022.

Stair Climb (lower body muscular endurance)

Traverse up and down two flights of steps at their fastest pace.

Sit ups (abdominal muscular endurance)

Recruits have 1 minute to complete their maximum number of sit-ups.

1. Sit-up begins with the recruit lying on their back with knees bent and a partner holding their feet with their hands. Sitting or kneeling on the recruit's feet is not allowed.
2. The recruit will interlock their fingers behind their head and start on their backs.
3. The up phase of the sit-up is complete when the elbows of the recruit either touch the thighs or cross the vertical plane of the recruit's knees.
4. The down phase of the sit-up requires the recruit's shoulder blades to touch the mat below them upon returning to the start position.
5. A recruit may rest **ONLY** in the up position while maintaining their required form with hands interlocked behind their heads. If the recruit attempts to rest in the down position, their assessment will be completed and their total number of sit-ups will be recorded at that point.
6. Each sit-up is counted when reaching the appropriate up position with hands remaining interlocked behind the head.
7. Recruit may **NOT** lift their hips off the mat surface. The recruit will be given a warning the first time it happens. If it happens a second time, their assessment will be completed and their total number of sit-ups will be recorded at that point.

Push-ups (upper body muscular endurance)

Recruits have 1 minute to complete their maximum number of push-ups.

1. The recruit will start in the up prone-planked position with hands slightly wider than shoulder width, elbows fully extended and feet close together.
2. This position must be maintained throughout the assessment. No piking or arching of the back is allowed at any time during the assessment.
3. The recruit will lower their chest down to the provided sponge then return to the up starting position.
4. Each repetition is counted when the recruit returns to the up starting position with elbows fully extended.
5. Recruits may rest in the up starting position without piking, arching, or placing a knee/lower leg on the mat.

300-Meter Run and Obstacle Course (core strength, aerobic endurance, anaerobic power, hand strength and balance)

The total time of the 300-meter run and obstacle course must be completed in under 3 minutes. Unsuccessful completion of the obstacle course objectives or exceeding the three-minute time limit constitutes a failure.

Each recruit will wear a weighted vest of 15 pounds provided by the PELTP that simulates the weight of a ballistic vest and duty belt. Each recruit will begin at the starting line and run to the 300-meter designated finish line. The obstacle course consists of:

- Cone box for lateral movement
- Climb and jump down from a 4 foot barrier
- Crawl through a 40 inch diameter tunnel for 8 feet
- Drag an anatomic body of 150-175 pounds for 10 meters
- Complete 10 revolver trigger pulls with each hand

The attached scoring matrix will be used to determine the recruit's score. A passing score is 75%. Failure of the 300-meter run and O-course constitutes a disqualification. Failures may be granted a retake on another date.

<u>Push-Ups</u>		<u>Sit-Ups</u>		<u>300m Run</u>		<u>O-Course</u>		<u>Stair Climb</u>	
0-14	0	0-22	0	>1:30	0	>3:00	0	>1:00	0
15-16	1	23-28	1	1:29-1:26	1	2:59 - 2:45	1	:59 - :55	1
17-19	2	29-30	2	1:25-1:22	2	2:44 - 2:30	2	:54 - :51	2
20-22	3	31-33	3	1:21-1:18	3	2:29 - 2:16	3	:50 - :47	3
23-26	4	34-36	4	1:17-1:13	4	2:15 - 2:06	4	:46 - :42	4
27-29	5	37-41	5	1:12-1:09	5	2:05 - 1:56	5	:41 - :38	5
30-37	6	42-45	6	1:08-1:05	6	1:55 - 1:44	6	:37 - :35	6
38-43	7	46-49	7	1:04-1:01	7	1:43 - 1:31	7	:34 - :31	7
44 or more	8	50 or more	8	<1:00	8	<1:30	8	<0:30	8

<u>Point Value</u>	<u>Score</u>	<u>Point Value</u>	<u>Score</u>
40	100%	20	50%
39	97.5%	19	47.5%
38	95%	18	45%
37	92.5%	17	42.5%
36	90%	16	40%
35	87.5%	15	37.5%
34	85%	14	35%
33	82.5%	13	32.5%
32	80%	12	30%
31	77.5%	11	27.5%
30	75%	10	25%
29	72.5%	9	22.5%
28	70%	8	20%
27	67.5%	7	17.5%
26	65%	6	15%
25	62.5%	5	12.5%
24	60%	4	10%
23	57.5%	3	7.5%
22	55%	2	5%
21	52.5%	1	2.5%

Failing Example

Recruit A		TOTAL POINTS: 25		SCORE: 62.5%					
STAIR CLIMB		PUSH-UPS		SIT-UPS		300M RUN		O-COURSE	
TIME: :36		NUMBER: 22		NUMBER: 34		TIME: 1:04		TIME: 2:04	
POINTS: 6		POINTS: 3		POINTS: 4		POINTS: 7		POINTS: 5	

Passing Example

Recruit B		TOTAL POINTS: 32		SCORE: 80%					
STAIR CLIMB		PUSH-UPS		SIT-UPS		300M RUN		O-COURSE	
TIME: :29		NUMBER: 37		NUMBER: 39		TIME: 1:04		TIME: 1:55	
POINTS: 8		POINTS: 6		POINTS: 5		POINTS: 7		POINTS: 6	

Failing Example

Recruit C		TOTAL POINTS:		SCORE:					
STAIR CLIMB		PUSH-UPS		SIT-UPS		300M RUN		O-COURSE	
TIME: :34		NUMBER: 27		NUMBER: 42		TIME: 1:04		TIME: 3:18	
POINTS: 7		POINTS: 5		POINTS: 6		POINTS: 7		POINTS:	