



# **POLICE ENTRY LEVEL TRAINING PROGRAM**

## **PHYSICAL FITNESS ASSESSMENT**

The Police Entry Level Training Program (PELTP) has established physical fitness benchmarks with the expectation that all candidates be able to complete the physical fitness battery of assessments. The physical fitness assessment includes:

### **Traverse up and down two flights of steps (lower body muscular endurance)**

#### **Sit ups (abdominal muscular endurance)**

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

1. Sit-up begins with the candidate lying on their back with knees bent and a partner holding their feet with their hands. Sitting or kneeling on the candidate's feet is not allowed.
2. The candidate 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 candidate either touch the thighs or cross the vertical plane of the candidate's knees.
4. The down phase of the sit-up requires the candidate's shoulder blades to touch the mat below them upon returning to the start position.
5. A candidate may rest ONLY in the up position while maintaining their required form with hands interlocked behind their heads. If the candidate 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. Candidate may NOT lift their hips off the mat surface. The candidate 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)**

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

1. The candidate 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 candidate will lower their chest down to the provided sponge then return to the up starting position.

4. Each repetition is counted when the candidate returns to the up starting position with elbows fully extended.
5. Candidates may rest in the up starting position without piking, arching, or placing a knee/lower leg on the mat.

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

The total time of the 300-meter run and agility course must be completed in under 3 minutes and 30 seconds.

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

- Cone box for lateral movement
- Climb over a 4 foot barrier
- Drag an anatomic body of 150 pounds for 10 meters
- Complete 10 revolver trigger pulls with each hand