



Division of Criminal Justice Police Training Commission

Directive

Directive Number: 4-2024

Directive Date: 10/07/2024

Commission Meeting Number: # 362

Commission Meeting Date: 10/02/2024

Subject: Adoption of Pre-Academy Fitness Testing Pilot Program

At the October 2, 2024, Police Training Commission meeting, the Commissioners approved a motion implementing the **Pre-Academy Fitness Test Pilot Program**. The Pre-Academy Fitness Pilot Program modifies the entry standard, and adds a minimum standard of fitness for the Mid-Term and Final Course Assessments. This pilot program will be in effect for the 2025 Basic Law Enforcement Courses, Commission Staff will be required to prepare a report for the full Commission.

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

Pre-Academy Physical Conditioning Entry Requirements:

Vertical Jump:	12.5 inches
1 Minute Sit-up:	22 repetitions
300 Meter Run:	84 seconds or less
1 Minute Push-up:	19 repetitions
1.5 Mile Run:	19:00 minutes or less

Candidates who fail to meet the minimum requirement of any one of the events will be given the opportunity to reassessed following a 21 day wait period. Candidates will be required to retake the entire assessment, completing all five of the required events.

Candidates who fail to meet the minimum standards will not be admitted into the course. Candidates are not precluded from testing for future courses.

Initial Academy Physical Assessment

Recruits will be required to participate in an Initial Academy Physical Assessment, which will consist of the below listed events. The assessment will be utilized as a gauge of the recruits physical conditioning at the beginning of the course, it will not be graded as pass/fail. It is imperative that a record of the initial assessment be maintained.

Vertical Jump
1 Minute Sit-up
300 Meter Run
1 Minute Push-up
1.5 Mile Run

Mid-Term Course Assessment Requirement

The Mid-term Assessment will be administered after the recruit has completed a minimum of twenty Physical Conditioning Sessions.

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 or less

Recruits who fail to meet the minimum standard will be dismissed from the course.

Final Course Assessment Requirements

The Final Assessment will be administered after the recruit has completed a minimum forty Physical Conditioning Sessions.

Vertical Jump:	16.5 inches
1 Minute Sit-up:	31 repetitions
300 Meter Run:	63 seconds or less
1 Minute Push-up:	26 repetitions
1.5 Mile Run:	14:40 or less

Recruits who fail to meet the minimum standard will be dismissed from the course.

Effective Date: Classes beginning on or after January 1, 2025

Applicable to:

All of the following classes that begin after January 1, 2025:

- 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 Correctional Police Officers (BCSCO),
- Basic Course for County Correctional Police Officers (BCCCO),
- Basic Course for Juvenile Corrections Officers (BCJCO), and
- Waiver Only Basic Course for Police Officers (WBCP)