

ENTRY FITNESS STANDARDS

#1 Upper Body Strength

1 minute maximum number of push-ups

15 repetitions

#2 Muscular Endurance ₁

minute maximum number of sit-ups

27 repetitions

#3 Aerobic Power

1 ½ mile run

Above 6000 feet 15:54 (minutes:seconds)

Below 6000 feet 15:14 (minutes:seconds)

#4 Anaerobic Power

300 meter run

71.0 (seconds)

MID-POINT FITNESS STANDARDS

#1 Upper Body Strength

1 minute maximum number of push-ups

20 repetitions

#2 Muscular Endurance ₁

minute maximum number of sit-ups

32 repetitions

#3 Aerobic Power

1 ½ mile run

Above 6000 feet 15:04 (minutes:seconds)

Below 6000 feet 14:24 (minutes:seconds)

#4 Anaerobic Power

300 meter run

67.0 (seconds)

EXIT PHYSICAL AGILITY STANDARDS

Course #1 - Pursuit and Control

Officer is seated in his/her vehicle with seatbelt in use and wearing a 10-pound weight belt around waist to simulate gunbelt.

As the timed exercise begins the officer will:

A - Undo seatbelt and open the vehicle door.

B - Run 30 feet and open building door.

C - Cross threshold (4 feet) and run up two flights of stairs and pause for 60 seconds.

Rise & Run of 7"x11" is standard, 8"x10" or 6"x12" are acceptable variations. Standard floor landings are 10' high. It is appropriate, if only one floor is available, to run up, run down, run up and pause for 60 seconds. There is no restriction on how the officer negotiates the stairs. Run down the stairs and out the door.

D - Run 100 feet from door to a 5-foot high platform, run up steps to the top of the 5-foot platform and jump down. A ladder or ramps are acceptable variations to getting on top of the platform.

E - Run 37.5 feet, turn & reverse, run 37.5 feet, turn & reverse, run 25 feet to a 6 foot high wall and scale it. The wall is constructed of cinder block, unpainted with a smooth top. If the applicant chooses, he or she may drag a rigid aid or object 10 feet from the side of the wall and use it as a platform to scale the wall. The rigid aid or object will have handles, a flat top, weigh 50 lbs. and be 25" tall.

F - After scaling the wall, run 50 feet to a handcuff/arrest simulator, pull arms down, touch ends and hold for 60 seconds. Arrest simulator is 5' high with 60-lbs. resistance in right arm and 40 lbs. in left arm. End of exercise.

Time - 3 min. 5 sec.

Course #2 - Rescue

Officer is standing at starting point wearing a 10-pound weight belt around waist to simulate gunbelt.

On signal the officer will:

A - Run 30 feet straight ahead and jump across a 4-foot wide barrier. The barrier is low to the ground, e.g. ditch, highway divider, etc.

B - Run 12.5 feet and climb, jump or hurdle over a 3-foot high barrier. The barrier is to resemble a fence or low wall, no more than 4" wide and at least 8' long made of metal or wood.

C - Run 12.5 feet to the back of vehicle equivalent to a full-sized police vehicle and push it 30 feet on a flat surface in the direction of a clear area where a victim extraction will take place. The car is occupied by a dummy (victim) wearing a seatbelt and weighing 190 lbs.

+ or - 10 lbs. The dummy **must** meet standards established by the NMLEA.

D - Approach victim's door, open the door, undo seatbelt, pull victim out of the vehicle and drag them 20 feet perpendicular to the direction of the vehicle. End of exercise.

Time - 42 sec.

EXIT FITNESS STANDARDS

#1 Upper Body Strength

1 minute maximum number of push-ups

25 repetitions

#2 Muscular Endurance 1

minute maximum number of sit-ups

37 repetitions

#3 Aerobic Power

1 ½ mile run

Above 6000 feet 14:15 (minutes:seconds)

Below 6000 feet 13:45 (minutes:seconds)

#4 Anaerobic Power

300 meter run

64.0 (seconds)