

DEPARTMENT OF INTERIOR
U.S PARK POLICE

LAW ENFORCEMENT PHYSICAL READINESS TEST CLEARANCE

To be completed by the applicant.

Name of Applicant: _____ Date: _____

The above-name individual is tentatively selected for a Law Enforcement position with U.S. Park Police. The duties of a law enforcement officer include the following:

- quick decision-making ability in high-risk environments.
- defense against physical attack without warning.
- physically subduing and lifting uncooperative individuals.
- running, climbing, and negotiating obstacles during foot pursuits.
- required to work unpredictable and irregular hours/shifts with limited periods of rest.

The purpose of the Physical Readiness Test is to measure the individual's current level of general physical preparedness, which serves as an indicator of their ability to safely perform the law enforcement duties described above. A minimum readiness score of 70 is required as a condition of employment. The Physical Readiness Test will be administered on day one of U.S. Park Police training.

If the above-name individual is unable to complete and achieve the minimum readiness score of 70 by the end of U.S. Park Police training, they will be removed from employment (additional mandatory physical readiness training will be assigned to the individual throughout U.S. Park Police training).

With my signature, I certify that I can perform and achieve a minimum readiness score of 70 for each assessment listed below:

- Hand-Release Push-Up (A minimum readiness score of 70 is required.)
- Agility (A minimum readiness score of 70 is required.)
- 1.5 Mile Run; or 2000 Meter Concept2 Row Ergometer; or 5000
Meter Concept2 Bike Ergometer (A minimum readiness score of 70 is
required.)

Applicant's Signature

Date

ATTACHMENT A

Hand-Release Push-up

The purpose of the Hand-Release Push-Up assessment is to evaluate your ability to lift and control your own body weight, which is crucial in scenarios such as pushing or getting up from the ground.

The prone position is the starting position. The chest, hips, and thighs will contact the ground in the starting position. The participant will be informed that they will have two minutes to complete as many hand release push-up repetitions as possible.

The event begins when the participant is in the starting position and the coordinator gives the command "START".

The following movements must be completed to be counted as one repetition:

- The participant is in the starting position.
- The participant pushes their whole body up from the ground as a single unit into the up position by fully extending their elbows.
- The participant will bend their elbows to lower the body back to the ground or starting position. The chest, hips, and thighs must contact the ground simultaneously.
- The participant will release their hands off the ground and then place them back on the ground in the starting position.

The participant is allowed to rest in the starting or up positions.

The Hand Release Push-Up test ends when the participant:

- Stops performing repetitions.
- Performs an unsafe movement.
- Two minutes expire.

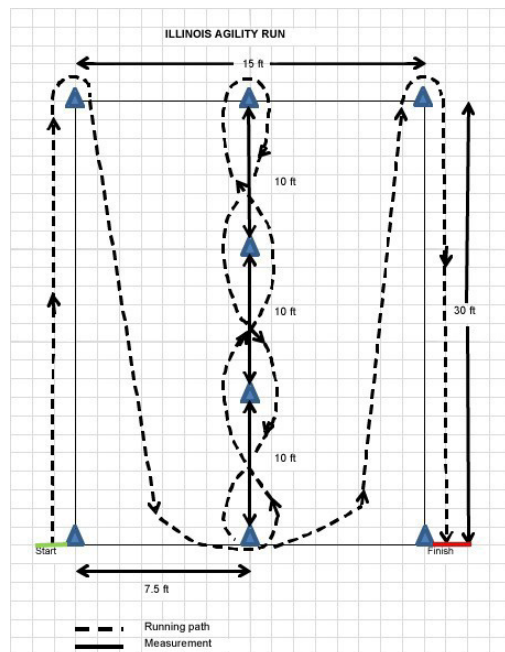
Hand Release Push-Up Standards						
Readiness Score	20-29		30-39		40-49	
	Repetitions		Repetitions		Repetitions	
	(Reps)		(Reps)		(Reps)	
	Male	Female	Male	Female	Male	Female
100	60	48	59	47	56	41
95	52	35	48	34	46	31
90	44	30	42	29	38	26
85	39	25	34	24	32	21
80	30	20	29	19	27	16
75	25	15	24	14	22	11
70	20	10	19	9	17	6
65	15	5	14	4	12	1
60	10	-	9	-	7	-

Agility

The purpose of the Agility assessment is to evaluate your anaerobic power and ability to change directions.

The chest, hips, and thighs will contact the ground in the starting position (Prone Position). Your hands must be behind the start line. Your head and shoulders may be positioned beyond the start line. The event begins when the participant is in the starting position and the coordinator gives the command “GO”. After given the command to go, you will get up and begin running through the course. The course requires you to start the assessment by running straight ahead for 30 feet (touching the marked line with your foot) and then running back to the start line. Continue through the course by going to the left and around each cone in the middle. Then run back through the same cones. Finally, turn left and run up to marked line (touching it with your foot) and then running back and across the finish line.

You will be given two trials for this event, but only your best trial will be scored. A diagram of the course has been provided below for illustration purposes.



Agility Standards						
Readiness Score	20-29		30-39		40-49	
	Time		Time		Time	
	(Seconds)		(Seconds)		(Seconds)	
	Male	Female	Male	Female	Male	Female
100	15.90	17.80	16.40	18.90	17.35	20.55
95	16.35	18.35	16.85	19.45	17.80	21.10
90	16.80	18.90	17.30	20.00	18.25	21.65
85	17.25	19.45	17.75	20.55	18.70	22.20
80	17.70	20.00	18.20	21.10	19.15	22.75
75	18.15	20.55	18.65	21.65	19.60	23.30
70	18.60	21.10	19.10	22.20	20.05	23.85
65	19.05	21.65	19.55	22.75	20.50	24.40
60	19.50	22.20	20.00	23.30	20.95	24.95

1.5 Mile Run

The purpose of the 1.5 Mile Run assessment is to evaluate your cardiovascular endurance.

Your score is based on the time you complete the 1.5 Mile Run. Therefore, you should run as fast as possible to improve your score on this run event. You will be permitted to walk or stop during the run, however the timer calculating your run time will not be stopped. You will be given only one trial.

1.5 Mile Run Standards						
Readiness Score	20-29		30-39		40-49	
	Time		Time		Time	
	(Minutes:Seconds)		(Minutes:Seconds)		(Minutes:Seconds)	
	Male	Female	Male	Female	Male	Female
100	9:00	10:48	10:00	12:00	11:00	13:12
95	9:55	11:53	10:55	13:05	11:55	14:17
90	10:50	12:58	11:50	14:10	12:50	15:22
85	11:45	14:03	12:45	15:15	13:45	16:27
80	12:40	15:08	13:40	16:20	14:40	17:32
75	13:35	16:13	14:35	17:25	15:35	18:37
70	14:30	17:18	15:30	18:30	16:30	19:42
65	15:25	18:23	16:25	19:35	17:25	20:47
60	16:20	19:28	17:20	20:40	18:20	21:52

2000 Meter Concept2 Row Ergometer

The purpose of the 2000 Meter Concept2 Row Ergometer assessment is to evaluate your cardiovascular endurance.

Your score is based on the time you complete the 2000 Meter Concept2 Row Ergometer on an approved Concept2 Row Ergometer (Models D and E only with Performance Monitor 3, 4, or 5). Therefore, you should row as fast as possible to improve your score on this row event. You will be permitted to stop during the row, however the timer calculating your row time will not be stopped. You will be given only one trial.

2000 Meter Concept2 Row Ergometer Standards						
Readiness Score	20-29		30-39		40-49	
	Time		Time		Time	
	(Minutes:Seconds)		(Minutes:Seconds)		(Minutes:Seconds)	
	Male	Female	Male	Female	Male	Female
100	7:00	8:10	7:10	8:20	7:20	8:30
95	7:18	8:28	7:28	8:38	7:38	8:48
90	7:28	8:38	7:38	8:48	7:48	8:58
85	7:48	8:58	7:58	9:08	8:08	9:18
80	8:08	9:18	8:18	9:28	8:28	9:38
75	8:38	9:48	8:48	9:58	8:58	10:08
70	9:08	10:18	9:18	10:28	9:28	10:38
65	9:48	10:58	9:58	11:08	10:08	11:18
60	10:28	11:38	10:38	11:48	10:48	11:58

5000 Meter Concept2 Bike Ergometer

The purpose of the 5000 Meter Concept2 Bike Ergometer assessment is to evaluate your cardiovascular endurance.

Your score is based on the time you complete the 5000 Meter Concept2 Bike Ergometer on an approved Concept2 Bike Ergometer (Performance Monitor 5 only). Therefore, you should pedal as fast as possible to improve your score on this bike event. You will be permitted to stop during the bike event, however the timer calculating your bike time will not be stopped. You will be given only one trial.

5000 Meter Concept2 Bike Ergometer Standards						
Readiness Score	20-29		30-39		40-49	
	Time		Time		Time	
	(Minutes:Seconds)		(Minutes:Seconds)		(Minutes:Seconds)	
	Male	Female	Male	Female	Male	Female
100	8:50	10:00	9:00	10:10	9:10	10:20
95	9:00	10:10	9:10	10:20	9:20	10:30
90	9:10	10:20	9:20	10:30	9:30	10:40
85	9:30	10:40	9:40	10:50	9:50	11:00
80	9:50	11:00	10:00	11:10	10:10	11:20
75	10:20	11:30	10:30	11:40	10:40	11:50
70	10:50	12:00	11:00	12:10	11:10	12:20
65	11:30	12:40	11:40	12:50	11:50	13:00
60	12:10	13:20	12:20	13:30	12:30	13:40