

PHYSICAL READINESS TEST STANDARDS

To enter the academy, you must complete a physical readiness test and pass the required standards. To exit the academy, you will need to complete the same physical readiness test and meet more stringent standards. The physical readiness test battery has validity evidence to support its use as a job-related requirement for selection, training, and retention of law enforcement officers in the State of Wisconsin. The standards represent the level of physical fitness which predicts safe and effective job performance of the essential physical tasks required of police. The physical readiness test standards are presented in the table below.

	Vertical Jump	Agility Run	Sit-Ups	300 Meter Run	Push-Ups	1.5 Mile Run
Entrance Standard	11.5 in.	23.4 sec	24	82 sec	18	20:20 (13:23/mile)
Exit Standard	14 in.	19.5	30	68 sec	23	16:57 (11:60/mile)

Vertical jump

The vertical jump measures total body explosive power. It is an important area for pursuit tasks that require jumping and vaulting.

Stand under the test apparatus, and reach up as high as you can with one arm while placing your bicep next to your ear. The apparatus will be lowered to your fingertips. Take one step back with either foot. Then step forward, and jump, reaching as high as possible, and hit the tabs. Or you may jump from both feet without taking a step.

Your score is the highest tab you reach, and will be recorded to the half-inch. You will have three attempts for this event.

Agility run

The physical agility run measures coordinated movement and speed. It is an important area for performing tasks requiring quick movements around obstacles.

Start in the prone position to the left of the first cone with the tips of your fingers behind the starting line. When the instructor says, "GO", stand up and sprint to the forward line, place one foot over the line, and sprint back to the starting line. Make a left turn around the first cone, then zig-zag in a figure eight fashion around the four cones and zig-zag back to the start line. Turn left around the first cone, and sprint to the forward line and back one more time. The clock stops when any part of your body crosses the finish line. If you knock over a cone, miss a turn, or fail to touch the line when turning, the instructor will stop you and return you to end of the line for a restart.

Your score is the time it takes to complete the run, and will be recorded to the tenth of a second. You will have two trials for this event.

Sit-up Test

The one-minute sit up test measures muscular endurance of the abdominal muscles, an important area for many physical tasks and injury prevention.

Lie on your back, with your knees bent at approximately a 90 degree angle. Your feet may be together or apart, but the heels must stay in contact with the surface. Your partner will hold your ankles. The tips of your fingers must stay behind the ears. When the instructor says "GO," lift your upper body (head and torso) by bending at the waist, move your elbows to or past your kneecaps. Return to the starting position, with your shoulder blades touching the surface. This constitutes one repetition. If you arch your back, lift your buttocks from the mat, move your finger tips forward of your ears, fail to touch the knees, stop to rest in the down position, or fail to touch your shoulders to the mat, you will receive a warning. For any subsequent violation, the repetition will not count. You may rest momentarily in the up position during the test but every effort should be made to move continuously throughout the test period. You will have one minute to complete the proscribed number of sit ups.

Your score is the number of proper form sit-ups performed.

300 meter run

The 300 meter run is a test of anaerobic capacity. This is an important area for performing short intense burst of effort such as in pursuit tasks.

The score is the time it takes to complete the course. You will start at the command "GO" run as fast as possible to the finish line. You must complete the run without help.

Push-up Test

The push-up test measures the muscular endurance of the upper body (chest, shoulders, and triceps). This is an important area for many tasks including use of force, lifting, carrying, and pushing.

You will start by assuming the front-leaning rest position by placing your hands on the surface, slightly wider than shoulder width apart, fingers facing forward. The back, buttocks, and legs must be in a generally straight line from the head to the heels. The feet may be together or up to twelve inches apart. When the instructor says "GO," lower your body by bending the elbows until the tops of the upper arms, shoulders, and upper back are aligned and parallel to the ground. Return to the starting position by soft-locking your elbows. This constitutes one repetition. You may rest momentarily in the up position but every effort should be made to move continuously throughout the test period. You must keep your body straight from your heels to your shoulders and softlock your elbows or you will receive a warning. For any subsequent violation, the repetition will not count. The test will be considered over when the

participant returns to a standing position or if one or both knees make contact with the ground. There is no time limit.

Your score is the number of correct push-ups. Prior to beginning your test, you will perform a correct push up for the Coordinator counting for you to ensure proper technique.

1.5 Mile run

The 1.5 mile run measures cardiovascular endurance or aerobic capacity. This area is important for running pursuits and use of force situations lasting more than two minutes.

You will line up behind the starting line. At the command "GO" start running. Your goal is to complete the 1.5 miles in as fast a time as you can. As you complete each lap your time and number of laps to go will be announced. You may walk, but try to keep running for the entire distance. You may run alongside another runner for help with the pace, but you may not physically assist or be assisted by another runner.