

**Chapter 1 : Physical Fitness for the Public Safety Cyclist - IPMBA**

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The Department recognizes the importance of physical fitness for success at the State Trooper Academy and in job performance. These physical fitness entrance standards help ensure the successful applicant can undergo both the physical and academic demands of the academy, and the law enforcement work environment without undue risk of injury or fatigue. In an effort to brief Department of Public Safety State Trooper Recruit applicants, this pamphlet provides information on the rationale, purpose, procedures, standards of performance and activities to prepare for fitness testing. It is intended to answer the basic questions pertaining to all aspects of the fitness testing process. What is Physical Fitness? Physical fitness for law enforcement officers may be defined as the ability to perform essential tasks with vigor, alertness and little or no fatigue, with a rapid recovery period after high levels of exertion. During and after periods of physical exertion, a law enforcement officer must be able to maintain good judgment and make correct decisions. Good physical conditioning has been shown to: Reduce the incidence of back injury the most common injury suffered by law enforcement officers and heart attack major cause of death of law enforcement officers over 35 years old Reduce the amount of sick leave needed and retirements due to disability Enhance recovery from injury Provide additional options besides the use of deadly force Provide an outlet for relief from stress Physical fitness has been demonstrated to be a bona fide occupational qualification for law enforcement officers. Job analyses on law enforcement officers have demonstrated that fitness is an underlying factor in determining the physiological readiness to perform a variety of critical physical tasks necessary in law enforcement work. Physical fitness has been shown to be predictive of job performance and use of sick time. Physical fitness can be an important area for minimizing liability. The unfit law enforcement officer is less able to respond fully to strenuous physical activity and may be a danger to him or herself, colleagues or the public. How will physical fitness be measured? Starting from the up position elbows extended , the subject must lower their body to the floor until their chest touches the 3-inch block. The subject then returns to the up position. This is one repetition. Repositioning of the hands or feet is not allowed at any time during this test. When the subject moves their hands or feet, the test will be determined finished. Resting is allowed during this exercise in the up position only. While resting, the subject must remain in up position with their arms fully extended and their back straight. If the subject fails to keep their back straight or repositions their hands or feet during a period of rest, the test will be determined finished. Pushups performed without the back essentially straight are not counted. The minimum number of acceptable pushups is The subject then performs as many correct sit-ups as possible in one minute. In the up position, the individual should touch their elbows to their knees, or pass the plane of their knees with their elbows. The subject then returns to the down position until their shoulder blades touch the floor. Resting is allowed in the up position only. The minimum number of acceptable sit-ups is The course may sometimes be on a sidewalk, a cross-country trail or an oval track. The minimum acceptable time is 15 minutes, 12 seconds Retest Applicants who do not meet the minimum acceptable standards will not be allowed to retest during the same recruitment cycle. Every applicant will be allowed one opportunity to complete the physical fitness test. Before starting any physical exercise program, it is recommended that you see a medical doctor. Preparation for testing The Department of Public Safety wishes you success on the physical fitness portion of the State Trooper Recruit selection process. We recommend you take the time to properly prepare, by starting a personal fitness program that includes both strength and aerobic exercises. Those who pass our test will move along in the current hiring process.

**Chapter 2 : TxDPS - ETR Fitness Unit Bios**

*Regulations for Initial Medical and Physical Fitness Standards Tests for Municipal Public Safety Personnel (Effective September 7, ) 01 Purpose.*

Regardless of their current levels of personal fitness, in the twelve weeks it will take Scouts to complete the athletic requirements for this merit badge, they will be in better shape, feel better about themselves, have more energy, and gain self-confidence in their overall abilities. Before completing requirements 2 through 9, have your health-care practitioner give you a physical examination, using the Scout medical examination form. Why physical exams are important 2. Why preventative habits such as exercising regularly are important in maintaining good health, and how the use of tobacco products, alcohol, and other harmful substances can negatively affect our personal fitness. Diseases that can be prevented and how. The seven warning signs of cancer. The youth risk factors that affect cardiovascular health in adulthood. Have a dental examination. Get a statement saying that your teeth have been checked and cared for. Tell how to care for your teeth. Explain to your merit badge counselor verbally or in writing what personal fitness means to you, including: Components of personal fitness b. Reasons for being fit in all components. What it means to be mentally healthy d. What it means to be physically healthy and fit. What it means to be socially healthy. Discuss your activity in the areas of healthy social fitness. What you can do to prevent social, emotional, or mental problems. With your counselor answer and discuss the following questions: Are you free from all curable diseases? Are you living in such a way that your risk of preventable diseases is minimized? Are you immunized and vaccinated according to the advice of your health-care provider? Do you understand the meaning of a nutritious diet and know why it is important for you? Does your diet include foods from all food groups? Are your body weight and composition what you would like them to be, and do you know how to modify them safely through exercise, diet, and lifestyle? Do you carry out daily activities without noticeable effort? Do you have extra energy for other activities? Are you free from habits relating to poor nutrition and the use of alcohol, tobacco, drugs, and other practices that could be harmful to your health? Do you participate in a regular exercise program or recreational activities? Do you sleep well at night and wake up ready to start the new day? Are you actively involved in the religious organization of your choice, and do you participate in its youth activities? Do you spend quality time with your family and friends in social and recreational activities? Do you support family activities and efforts to maintain a good home life? Explain the following about physical fitness: The components of physical fitness b. Your weakest and strongest component of physical fitness c. The need to have a balance in all five components of physical fitness. How a program like ScoutStrong can lead to lifelong healthful habits. How the components of personal fitness relate to the Scout Law and Scout Oath. Explain the following about nutrition: The importance of good nutrition b. What good nutrition means to you c. How good nutrition is related to the other components of personal fitness d. The three components of a sound weight fat control program. Before doing requirements 7 and 8, complete the aerobic fitness, flexibility, and muscular strength tests along with the body composition evaluation as described in the Personal Fitness merit badge pamphlet. Record your results and identify those areas where you feel you need to improve. Outline a comprehensive week physical fitness program using the results of your fitness tests. Be sure your program incorporates the endurance, intensity, and warm-up guidelines discussed in the Personal Fitness merit badge pamphlet. Before beginning your exercises, have the program approved by your counselor and parents. Complete the physical fitness program you outlined in requirement 7. Keep a log of your fitness program activity how long you exercised; how far you ran, swam, or biked; how many exercise repetitions you completed; your exercise heart rate; etc. Repeat the aerobic fitness, muscular strength, and flexibility tests every two weeks and record your results. After the 12th week, repeat all of the required activities in each of the three test categories, record your results, and show improvement in each one. For the body composition evaluation, compare and analyze your preprogram and postprogram body composition measurements. Discuss the meaning and benefit of your experience, and describe your long-term plans regarding your personal fitness. Find out about three career opportunities in personal fitness. Pick one and find out the education,

training, and experience required for these professions. Discuss what you learned with your counselor, and explain why this profession might interest you. This last reach must be held steady for 15 seconds to qualify. Remember to keep your knees down. You may also do all three for extra experience and benefit. Record the number of sit-ups done correctly in 60 seconds. The sit-ups must be done in the form explained and illustrated in the Personal Fitness merit badge pamphlet. Record the total number of pull-ups completed correctly in 60 seconds. Be consistent with the procedures presented in the Personal Fitness merit badge pamphlet. Record the total number of push-ups completed correctly in 60 seconds. Step 1 - Multiply your weight in pounds by Step 2 - Divide the figure you get in No. Step 3 - Divide the figure you get in No. This means your BMI is From the chart in the pamphlet, you are at the 50th percentile. The official source for the information shown in this article or section is: The text of these requirements may be locked. In that case, they can only be edited by an administrator.

**Chapter 3 : Physical Fitness in Public Safety | MTAS**

*Memorandum - Revised Initial Medical and Physical Fitness Standards for Municipal Public Safety Personnel.*

Captain Davis has received credentialed fitness education and training from the United States Olympic Training Center Colorado Springs, Colorado , the Federal Law Enforcement Training Center Glynco, Georgia and the Cooper Institute Dallas, Texas ; as well as, over 34 years of practical application as a competitive athlete trained by world class coaching. Captain Davis is currently in his 30th year in the Criminal Justice career field. For the last 17 years, he has been serving with the Texas Department of Public Safety in the following capacities: He has completed four evaluation studies at the Texas Department of Public Safety that have led to successful policy change and the implementation of a physical fitness training protocol that has led to a zero injury rate among the recruit Physical Fitness Training regimen and incumbent personnel. In addition, he has established two living studies dealing with physical readiness testing in the areas of VO2 Rower testing and Combat Fitness testing. I cannot even spell the word. Experience â€” Mike has provided fitness training to beginners to elite athletes and everyone in between as well as provided hands-on education for exercise professionals at locations all around the world. This spurred his work on development of first responder injury prevention curriculum and text alongside normal duties associated with regular updates to curriculum for military and first responder programs at The Cooper Institute. Additional topics have been presented by Mike at regional, state and national conferences as well as regular dissemination through scholarly publications, including peer reviewed research articles, and online content. During this time, Mike oversaw all aspects of the strength and conditioning programs for 13 different sports at Tarleton State. Outside of competitive athletes, Mike has worked with beginners and a plethora of individuals in between as he successfully opened a Boot Camp style gym in Frisco, TX. There he regularly received recognition due to the franchise being ranked in the top 10 in the nation. Recognition was also received within his job position for performing in the top 10 in the nation and 1 within his region while leading a team of trainers and working individually with clients. As is evident from these experiences, Mike is no stranger to analyzing the needs of diverse populations and applying successful programs to enhance their development. With each group, Mike has a goal to make each individual as strong as possible â€” and due to appropriate programming and education, he is able to help them become stronger than what they ever imagined. As a former collegiate football player and Ironman Triathlete, he has learned just how strong we can be as he pushed past his own personal limits. Yet, he has also seen the health benefits of even just training to be fit. That alone, just might have made an impact in the early death of his dad who suffered from the 1 killer in the U. Hobbies â€” Exercise, running, cycling, being outdoors, house projects Philosophy â€” You are stronger than you think, yet you will never know unless you try. Alexis joined the DPS team in January Before joining the team, Alexis spent the previous 3 years working with Greg Davis on the implementation of the rower and Combat Fitness assessments for the agency. Alexis specializes in nutrition, specifically holistic nutrition. Hobbies â€” Volleyball, high intensity exercise, running, eating clean, cooking, gardening and anything outdoors. Philosophy â€” Eat real food, mostly plants. Favorite quote â€” ""When diet is wrong, medicine is of no use. When diet is correct, medicine is of no need. Over the many years in the field, she has seen numerous advances in training techniques and methodology. Alongside the many changes, she has held various positions and with a wide variety of populations. Additionally, she has experience in the area of human research. Rosemary specializes in areas of human performance as it relates to marathons and triathlons, fitness improvements and testing, weight loss as well as human behavior changes. Additionally, she also has over 30 years conducting group workouts in strength and cardiovascular development. Lastly, Rosemary has given countless fitness presentations to wide range of age groups such as from the youth up through adults. Rosemary joined the DPS Fitness Unit team March of and is excited to bring and share her knowledge of fitness, performance, health and wellness. Hobbies â€” Family, wake surfing, stand up paddle boarding, swimming, biking, running, strength training, and watching sports. Philosophy â€” Time is meant to be filled so fill it with positive actions.

**Chapter 4 : Fitness - Recruit - AST - Alaska Department of Public Safety**

*Open PDF file, KB, for Memorandum - Revised Initial Medical and Physical Fitness Standards for Municipal Public Safety Personnel (PDF KB) Open PDF file, KB, for Firefighter and Police Officer Psychological Screen Policy (PDF KB).*

A Voluntary Model Program Response to a Critical Issue The decline of health and fitness among those in the law enforcement community is an indisputable fact. The consequences of this phenomenon are also well known; greater vulnerability to on-duty injury and illness, increased exposure to liability and loss of respect by the public at large, among others. The frequency and severity of cardiovascular incidences among law enforcement personnel throughout the country is increasing each year. Officers and their families are suffering the consequences of these tragic but often needless events. Smith indicated that most published and anecdotal experience suggests police officers live on average two to five years post retirement, depending on the source. The lack of personal and agency fitness and wellness programs was cited as a predictable contributor. The Task Group envisioned an easily adaptable model, which would be universally viewed as positive and in the best interests of both law enforcement agencies and their personnel. Smith and Tooker were assigned the responsibility of developing draft language for consideration by the Task Group members at the next meeting. After much discussion and two subsequent re-drafts, all Task Group representatives approved the Voluntary Model Program third draft. The final version of the model is adequately flexible to permit some expansion by its users to incorporate incentives or other measures should the adopting agency deem it appropriate. Understanding that performance data acquisition may possibly present privacy concerns for program participants, protections are being built into the retrieval and storage aspects of the program. All information will be gathered in an anonymous manner, preventing the identification of individual participants. Administration and day-to-day supervision of the voluntary program at the agency level requires the certification of one or more fitness coordinators, as well as the participation and support of executive management. It is suggested that incentives acceptable to labor and management be incorporated to motivate participation by all agency personnel. Therefore the criticality of full participation by all employees is clearly evident. To date, nearly 50 law enforcement agencies in four states Colorado, South Dakota, Kentucky, and Texas have opted to participate in the field test of the Voluntary Model Program. Fitness coordinators for the involved agencies have been certified in each of these states. State municipal leagues in Florida and Connecticut have also recently indicated they would like to participate. This will provide a broad sample from which to accumulate pilot program performance data. The duration of the field test is expected to be approximately two to five years. State municipal league self-insurance pools and their policyholders may elect, however, to expand participation beyond the pilot program level. A Working Background A basic and common understanding of the issues and the names of program components are necessary. The ability to perform the frequent and essential tasks, in this case, the physical tasks of a law enforcement officer at a minimum level of safety and effectiveness, requires knowledge, skill, and physical ability. The underlying constructs of physical job task performance are health and fitness. We defined physical fitness as: There are six components of physical fitness: Cardiovascular endurance is the ability to take in and deliver oxygen to the working muscles to produce energy to sustain activity. Anaerobic power, the ability to make short, intense bursts of maximal effort, underlies the ability to run short distances and up stairs. Flexibility, the ability to use the available range of motion at a given joint or structure, is challenged in common tasks such as bending over as well as much less frequent ones, for instance a foot pursuit. Body composition, the ratio of fat to lean tissue, is associated with physical performance as well as health. Health is commonly considered by many to be simply an absence of symptoms. However, due to the aging process, symptom-less diseases and the nature of the public safety environment, apparent health may be temporary or non-existent. A more comprehensive definition suggests health is a state of complete physical, mental, and emotional well-being. Wellness may consequently be defined as those purposeful actions taken to attain and maintain optimal health and fitness. These definitions indicate fitness, health, and wellness are not synonymous; rather they are integrally related and complimentary. Further, they conceptualize behavioral and outcome goals for the program participant.

Therefore, a total fitness and wellness program, rather than simply a fitness program or wellness program, is recommended. These poor lifestyle habits predictably result in high health costs and early deaths: As an occupational group, LEOs have greater morbidity and mortality rates than the general public, principally due to cardiovascular disease, colon cancer, and suicide. In fact, younger officers, under the age of 35, have a lower risk of medical problems than the average American, but those 35 and over have a higher risk [4].

**Benefits of a Program** A total fitness and wellness program can produce a host of benefits for its participants and the agency alike. By improving their personal fitness levels, officers will enjoy: Improved capability to perform specific physical tasks; Improved ability to mobilize the body efficiently; Improved tolerance to fatigue; Reduced risk during physical tasks; Better psychological preparation; and Reduced stress and associated health risks. For the agency, health and fitness also represent a sound investment. The cost savings associated with disability are manifold: Partial disability means a loss of flexibility in assignments; Total disability results in a loss of valued personnel; The expense of disability payments; and The expense of rehiring and retraining. Each dollar spent on fitness and wellness in the workplace saves several dollars [8]. Finally, fitness and wellness programs increase loyalty, reduce turnover, and generally improve morale.

**The Voluntary Model Program** The mission statement of the Voluntary Model Program is to develop a guide for a cost-effective, voluntary law enforcement fitness and wellness program that serves the interests of the agency, its individual officers, and the community it serves. A public safety total fitness and wellness program helps to ensure that: The program has two main elements. The first ensures the development and maintenance of physical performance capability, that is the ability to perform job tasks and personal leisure time pursuits.

**Program Components** The pilot study based upon the Voluntary Model Program will provide the initial training and ongoing support for the development and maintenance of a department based health and wellness program.

## Chapter 5 : Physical Readiness Training

*To pass the police academy physical fitness test, individuals need to prepare, both mentally and physically. While each police department runs its own version of the physical test, all tests are designed to test endurance, body strength, and agility as well as the mental determination of each.*

Why should we care? Why should we set our standards higher than those of the average citizen? Because emergency service professionals contend with factors that are not typical among the average civilian, such as excessive job-related stress, critical incident stress, rotating shifts, and extended tours. Firefighters and EMS professionals find themselves in dangerous situations involving chemicals and other hazardous materials, building collapses, automobile wrecks, and risky rescues. Police officers face the reality of encountering people who would try to kill them if contacted. Anaerobic strength, a vital part physical fitness, is crucial in encounters of this type. In addition, every year police, EMS, firefighters, and security personnel suffer heart attacks while physically exerting themselves during the course of their duties. Cardiovascular fitness is of utmost importance. While physical fitness is a key element to the health and safety of all public safety personnel, it is perhaps even more essential for those on bike duty. Pre-screening to ensure that a bike unit candidate meets a minimum level of fitness should be a mandatory step in the selection process, and maintaining a minimum level of fitness should be a top priority for those assigned to the bike. We have to rely on our physical abilities to ride significant distances during our tours of duty. These tours may last up to twelve hours in the sun, heat, humidity, rain, wind, or cold. In addition to having to exert ourselves physically under these conditions, we must carry additional weight in the form of uniform and equipment. Take your fitness level seriously. When you work out, include both anaerobic strength training and aerobic cardiovascular activities. Your shift on the bicycle may account for your cardio, but be sure to get in some upper body strength training while not on the clock. While on duty, incorporate some anaerobic threshold AT training into your tour and get paid to work out! By engaging in some interval training on your beat, you can actually improve your AT. Ride hard for 30 seconds, then easy for 30 seconds. What good does this do? It might mean the difference between you or the suspect becoming exhausted first. Or the difference in whether you are able to perform your duties proficiently after you sprint to a scene. Or whether the ambulance has to treat you or your patient first! Take care of your body and continue to serve your community with pride. By doing so, you are doing a great favor for yourself, your family, your department, and the citizens of your community.

**Chapter 6 : Schedule Physical Ability Test (PAT) for Fire and Police Departments | [www.nxgvision.com](http://www.nxgvision.com)**

*Public safety agencies throughout the country are demonstrating interest in requiring sworn personnel to undergo physical fitness tests throughout their career to ensure that they are maintaining a level of fitness that allows them to safely perform their duties in the field.*

The Preview allows candidates to become familiarized with the events required during the actual PAT. Currently, the PAT Previews are free of charge to candidates but may be subject to change. Please check your email settings to allow emails from " mass. For this event, you will be required to step on a rotating staircase also known as a stepmill at a pre-determined stepping pace for a specific period of time. You will get a 5-minute rest period after this event. The required time to remain on the stepmill is seconds. Ladder Event This event simulates various activities related to using ladders. You will be required to remove a ladder from a rack, carry it some distance, raise a weight of approximately 45 lbs. The event ends when the ladder is back in the rack. The time limit is Hose Advance This event simulates the actions necessary to manipulate a fully charged fire hose. You will be required to pull 50 feet of hose through a U-shaped course with several turns. There will be a ceiling on the U-shaped course to prevent you from standing upright. Forcible Entry This event simulates breaking down a door to gain entry to a burning structure or an incident scene. For this event you will be required to strike a rubber pad mounted on a moveable post. You will use a 12 lb. The post and structure are weighted to simulate the force you would need to exert on a door in order to gain entrance. Search This event simulates the actions necessary to enter and search a smoke-filled structure. You will be required to crawl through a dark wooden tunnel with obstructions and turns. The tunnel is approximately 65 feet long. The tunnel is 4 feet high and 4 feet wide. At one location in the tunnel there is an obstacle on the floor and at one location there is an obstacle from the ceiling. In addition, at two locations, the tunnel is reduced from 4 to 3 feet in width. Rescue Through a Doorway This event simulates the actions necessary to drag an unconscious victim out through a doorway to get the victim to safety. You will be required to drag a pound dummy approximately 30 feet, along a zigzag course to a designated area at the end of the course. In this event, there is a low ceiling over the course to prevent you from standing upright. Ceiling Hook Pike Pole This event simulates the use of a pike pole or ceiling hook. A pike pole or ceiling hook is a fire fighting tool used to tear down ceilings or open walls while looking for hidden fires. This event will require you to take a pike pole, tipped with an industrial hammer head, and thrust it upward at a metal plate in an 8 foot ceiling. The metal plate weighs approximately 60 lbs. And must be lifted six inches in order for the strike to count. You will then step over to the next part of the event, where a pike pole handle is suspended from a ceiling height. The pole is attached to a counter balance that weighs approximately 80 lbs. You must pull the pole down six inches in order for the pull to count. You will be required to perform one push and five pulls in a sequence. The event will require you to perform four one-minute periods of work, in which you will try to do as many push-pull sequences as possible. Each work period will be followed by a 30 second rest period. You must complete 25 full repetitions. The event begins with an obstacle course where the candidate will be faced with climbing under an obstacle, climbing up and down steps, going through an open window, climbing over a wall and negotiating a series of cones arranged in a zigzag pattern. At the end of the course, the candidate will be required to grab hold of a weighted bag attached to a pulley and touch it to the ground. This completes the event. The Trigger Pull Event This event consists of raising a handgun and squeezing the trigger six 6 times with each hand. The time limit is 7. The Separation Event This event simulates tasks that require separating one party from an other and controlling individuals, such as in crowd control situations. The candidate will be required to pull a hanging bag backward touching it to the ground across a marked line. Candidates will have to perform two "pulls". The Dummy Drag This event simulates dragging a victim or suspect. Candidates will be required to drag a dummy over a straight course. The time limit is 11 seconds.

**Chapter 7 : Personal Fitness - [MeritBadgeDotOrg](http://MeritBadgeDotOrg)**



*While physical fitness is a key element to the health and safety of all public safety personnel, it is perhaps even more essential for those on bike duty. Pre-screening to ensure that a bike unit candidate meets a minimum level of fitness should be a mandatory step in the selection process, and maintaining a minimum level of fitness should be a.*