

FITNESS AGILITY TEST BATTERY

INTRODUCTION

Correction officers have unique job functions, some of which can be physically demanding. An officer's capability to perform those functions can affect personal and public safety. Fitness agility underlies an officer's ability to perform the frequent and critical job tasks demanded. The minimum fitness standards identified are levels below which an officer's capacity to safely learn and perform frequent or critical job tasks is compromised. Higher levels of fitness are associated with better performance of physical job tasks required of Idaho peace officers.

Fitness Agility Test Battery (FATB) Administration

The Idaho Peace Officer FATB is comprised of five tests:

1. 880-Yard Walk/Run/Jog
2. Ladder Climb
3. Lift/Walk Test
4. Dexterity/Flexibility Test
5. Search/Flexibility Test

Tests should be administered in the above order. The test battery process should be sequenced as follows:

- I. **Warm-up** (7-10 minutes)
 - A. General warm-up - 2-3 minutes of easy jogging, jumping jacks, squat-thrusts, etc.
 - B. Stretching (active and/or static) - 5-7 minutes, include stretches for shoulders, back, upper/lower legs
- II. **Fitness Agility Test Battery (PFTB)**
 - A. 880-Yard Walk/Run/Jog
 - B. Ladder Climb
 - C. Lift/Walk Test
 - D. Dexterity/Flexibility Test
 - E. Search/Flexibility Test
- III. **Cool-down** (5 minutes)
 - A. Walking (keep walking to avoid blood pooling in legs)
 - B. Easy stretching

Test Protocols

Strict adherence to the following protocols is *mandatory*. Variances from these procedures render results meaningless and limit ability to gauge fitness progress.

DEXTERITY/FLEXIBILITY TEST

Purpose

This event is intended to test the abilities to bend down to search several people in succession and to apply mechanical restraints to several offenders. This also measures the ability to crouch down and to manipulate keys in locks.

Equipment

- Property box or similar object
- Padlock & Key

Procedures

1. Read the instructions to the participants.
2. Demonstrate the event, pointing out common errors.
3. Have participants warm up and make sure their legs are stretched.
4. Have the participant perform the event without any assistance.
5. Make sure the participant does not kneel down on their knees or seat while performing the task.

Script

Use the following script to prepare the participants.

The task of bending down and unlocking an object utilizes the leg muscles and finger dexterity. Stand five feet from the property box, or similar object. When I say, "Go," you will walk to the object and bend down without the assistance of anyone else. While kneeling down you cannot at anytime drop to one, or both knees or down to a seating position. With the keys in hand, you will unlock and remove the padlock. You will then step back to the original starting position with the padlock and key in hand. You will then repeat this action four more times. At the end of the fourth repetition, you will secure the lock back on the object. Watch this demonstration....Are there any questions?

Tips for the Test Administrator

- Assure that the participant does not use the aid of kneeling on one, or both knees, or sitting while performing the task.
- Make sure the participant makes four complete repetitions, ending with the lock secured on the object.

LADDER CLIMB

Purpose

Both correction and probation/parole officers are required at times to climb to a safety hatch (CO's) or into an attic during a home search (PPO's) and then onto a level area. This is also intended to measure arm and leg strength needed for the more physical central job functions.

Equipment

- 15' ladder
- Solid platform

Procedure

1. Read the instructions to the participants.
2. Demonstrate the event, pointing out common errors.
3. Have the participant stand at the base of the ladder to start.

Script

Use the following script to prepare the participants. *The 15-foot ladder climb to platform measures arm and leg strength. You will start at the base of the ladder. When I say, "Go," you will proceed to climb up the ladder to the platform. Once reaching the platform, you will dismount onto the platform. You will then remount the ladder from the platform and climb back down the ladder to the ground. Watch this demonstration....Are there any questions?*

Tips for the Test Administrator

- Make sure the participant dismounts the ladder to the platform before remounting back onto the ladder.
- Make sure the participant climbs up and down each rung of the ladder and is not skipping rungs.

LIFT /WALK TEST

Purpose

It has been established that both corrections and Probation/Parole officers have actually lifted objects weighing 50 pounds or more and that they must be able to lift objects weighing 50 pounds or more when performing central job functions. This test will measure muscular endurance of the back, chest and leg muscles.

Equipment:

- 1-50 pound object
- Marked course (20 feet)
- Table (36" high)

Procedures

1. Read the instructions to the participants.
2. Demonstrate the test, point out common errors.
3. Have the participant kneel down and pick up the object.
4. Make sure the participant walks the entire 20 feet.
5. Have the participant place the 50 pound object on top of the 36" platform.
6. Make sure the participant completely releases the object before picking it up again and returning the 20' back to the start line.

Script

Use the following script to prepare the participants. *The 50-pound lift and carry measures abdominal, back, chest and leg muscles. After you warm up, stand in front of the 50-pound object. When I say, "Go," you will kneel down and pick up the object. You will then walk 20' to a 36" high table. Once reaching the table, you will place the object on top, completely releasing it. You will then pick up the object off of the table and walk 20' back to the start. Watch this demonstration....Are there any questions?*

Tips for the Test Administrator

- Ensure that participants maintain a relatively straight line walking from the start point to the table.
- Be alert and make sure the participant completely releases the object onto the table before walking back.

880-YARD WALK/RUN/JOG

Purpose

This event is intended to measure a correction officer's ability to walk/run/jog from place to place in a correctional facility in routine and emergency circumstances and for Probation & Parole to walk to and from their vehicle to homes/office and surrounding areas, in routine and emergency circumstances. A standard of walking 880 yards in 8 minutes or less has been established.

Equipment

- Stopwatch
- Track or marked course (880 yards)
- Visible or audible starting device (starter's pistol, whistle, flag, etc.)
- Numbered vests or other participant identifiers (if needed)

Procedures

1. Read the instructions to the participants.
2. Have participants warm up and stretch before the run.
3. Instruct participants to cover the distance as fast as possible but begin at a pace they think they can sustain 10-15 minutes (not too fast).
4. Have participants line up at the starting line. Give the command "Go" and begin timing. If several participants run at once, have one administrator call out times at the finish while an assistant records the names and respective times.
5. Have participants cool down after running the course by walking for an additional five minutes or so. This prevents venous pooling, a condition in which the blood pools in the legs so less is returned to the heart. Walking enhances the return of blood to the heart, prevents light-headedness, and aids recovery.
6. The score is the time it takes to finish the course to the nearest second.

Script

Use the following script to prepare the participants. *The 880-yard walk/run/jog measures your cardio respiratory endurance or aerobic power. You must complete the course without any help. At the start, you will line up behind the starting line. When I say, "Go," the clock will start. You will begin at your own pace. To complete the 880 yards, you will (tell the participants how many laps they must complete, or describe the course, including the finish line, if not run on a track). Your goal is to finish the 880 yards in as fast a time as you can. Try not to start too fast, but at a pace you can sustain for about 6-8 minutes. You may walk, or run/jog alongside another for help with the pace, but you may not physically assist or be assisted by another. I will call off your time at the end of each lap (if run on a track), and will record your finishing time. At the end of the event, continue walking for about five minutes to cool down. Are there any questions?*

Tips for the Test Administrator

- Have participants in sight at all times, and have quick access to EMS (cell phone, car radio, etc.).
- Be aware of environmental conditions. Extreme heat, humidity, elevation or poor footing will affect performance times and could increase risk of injury. Choose your testing site and schedule with these factors in mind. If conditions are warm, have water available.
- If not running this test on a measured track, measure your course carefully. Automobile odometers may not be accurate. A measuring wheel is better.
- If running this test on a track, instruct the participants to move out of the inside lane if they decide to walk.
- Using an assistant test administrator will give you flexibility in case someone needs help during the event. The assistant can either take over timing duties or provide help to the participant. The assistant can also be used to assist with recording times if there are many participants.
- The timer should call off the times in minutes and seconds as the participants cross the finish line.

SEARCH FLEXIBILITY TEST

Purpose

This event is intended to test the applicant's /officer's ability to kneel down, then climb under a bed, motor vehicle or other object to search under the object.

Equipment

- Barrier 24" in height

Procedures

1. Read the instructions to the participants.
2. Have participants warm up and stretch before the event.
3. Participants will perform event without any assistance.

Script

Use the following script to prepare the participants. *This event measures your leg and abdominal muscles as well as your flexibility. You will start from a standing position in front of the barrier. When I say, "Go," you will kneel down and then lie flat on your back. You will then maneuver head first to mid-chest under the barrier. You will then back out to a standing position. Watch this demonstration....Are there any questions?*

Tips for the Test Administrator

- Make sure the participant lie completely on their backs before maneuvering under the barrier.
- Ensure that the participant maneuvers head first.
- Assure that the participant moves under the barrier to mid-chest before backing out and coming to a standing position.

POST Fitness Agility Test

Waiver Form

- I, (Full Legal Name) _____, hereby certify and acknowledge that: (initial each statement)
1. I have been advised that the fitness agility test is a required part of the POST certification process for which I have applied. ____
 2. I am fully informed of the nature and extent of the tasks required by the agility test. _____
 3. If I know of any medical or physical limitations or disabilities, that I should not participate in the agility test and should notify the person giving the test. _____
 4. I have no known medical, physical, psychological or other reasons that would prevent me from participating in the agility test. _____
 5. Do you have a disease or physical impairment which would cause work limitations or hamper you in the completion of this agility test? Yes ____ No
 6. Are you under a Doctors care? Yes ____ No

If you answered yes or have a statement based on the above questions, please explain on the back of this form and talk with the person giving the assessment test.

Therefore, in consideration for permitting the above named applicant and undersigned to participate in the fitness agility test, the undersigned hereby voluntarily releases, discharges, waives, and relinquishes any and all actions or causes of action for personal injury, property damage, or wrongful death occurring to the undersigned arising as a result of engaging or receiving instructions in the fitness agility test or any activities incidental thereto wherever or however the same may occur and for whatever period said test or instructions may continue. The undersigned does for him/herself, his/her heirs, executors, administrators, and assigns hereby release, waive, discharge, and relinquish any action or causes of action, aforesaid, which may arise for him/herself and for his/her estate, and agrees that under no circumstances will he/she or his/her heirs, executors, administrators and assigns prosecute, present any claim for personal injury, property damage, or wrongful death against the State of Idaho, Department of Law Enforcement, Peace Officer Standards and Training, or any of their officers, agents, employees for any said causes of action, whether the same shall arise by the negligence of any of said persons or otherwise. It is understood that the assessment is rigorous and involves both cardiovascular and musculoskeletal testing, and P.O.S.T. does not agree to insure the applicant against medical or physical injuries that may occur while participating in this assessment.

The Undersigned applicant acknowledges that he/she has read the foregoing certification, waiver and release and understands fully the contents thereof, and that he/she has been completely advised of the potential dangers incidental to engaging in the physical fitness test, and that he/she is fully aware of the legal consequences of signing this instrument.

I hereby declare that I understand these conditions and agree to them.

(Signature of Applicant)

(Witness)

(Date)

(Date)

The POST Council has adopted the mandatory Fitness Agility Test Battery (FATB). The FATB is a requirement for acceptance into and graduation from the P.O.S.T. Academy and for the challenge certification process.

Applicants must pass each of the following tests.

All tests in the battery must be performed strictly according to the published protocols.

APPLICANTS WHO FAIL TO PASS IN ANY OF THE FIVE FITNESS AGILITY TESTS WILL BE INELIGIBLE FOR P.O.S.T. CERTIFICATION AS AN IDAHO CORRECTION OFFICER.

FULL NAME OF APPLICANT TAKING FATB: _____

DATE OF TEST: _____

DEPARTMENT/AGENCY: _____

PFTB RESULTS

Test Event	Pass	Fail
880-YARD WALK/RUN/JOG	_____	_____
LADDER CLIMB	_____	_____
LIFT/WALK TEST	_____	_____
DEXDORITY/FLEXIBILITY TEST	_____	_____
SEARCH/FLEXIBILITY TEST	_____	_____

COMMENTS: _____

_____ (Examiner's Signature)

_____ (Examiner's Agency/Title)

NOTE: Please return only this page, of the Fitness Agility Test battery section, to POST!

