

Description of each exercise

1 – Minute Push Up Test: 19 PUSH UPS REQUIRED

The applicant must keep elbows extended, hands placed slightly wider than shoulder width apart and flat on the ground; fingers pointed forward. The applicant must keep the back straight at all times and lower the body to the floor until the chest breaks the horizontal plane with the body parallel to the floor (approximately 4 inches from the floor), elbows at a ninety-degree bend and then returns to the up position. The applicant will then perform as many push-ups as possible in one minute. The rest position, if needed, will be with arms extended and the applicant must keep his/her back straight at all times.

1 Minute Plank:

Begin in the modified push-up position, when the command **ready** is given assume a push-up position with feet placed hip width apart with the ankles at 90-degrees and the knees straight.

Place the elbows directly below the shoulders and bent at 90-degrees so that the participants weight is supported on both the forearms and toe.

The hands shall be clenched into a fist with the pinky side of the hand touching the ground.

The head must remain the neutral position and the hands cannot be clasped together.

The pelvis should be tilted into a neutral position and the back should be flat.

The plank exercise is terminated if the participant's hip sags towards the floor, the shoulder blades sag causing a gap in-between the shoulder blades, the head is extended looking up or sagging down or the hips/buttocks are pointed up toward the ceiling.

**** One verbal warning will be issued for the above exercises if applicant does not maintain proper technique. ****

¼ Mile Run and Handcuffing Test: 3 Minutes and 22 seconds

The applicant **RUNS** a measure distance of ¼ mile and approaches a non-combative (handcuffing station) subject. The participant applies the handcuffs on the subject. Timing starts when the participant begins running and ends when the handcuffs are applied.

A Defensive Tactics instructor or Physical Fitness instructor will demonstrate the correct application of the handcuff technique prior to the start of the test.

¼ Mile Run and Rescue Dummy Drag: 3 Minutes and 37 seconds

The applicant **RUNS** a measure distance of ¼ mile and approaches the un-responsive subject (training dummy) and drags the dummy continuously for a distance of 50 feet at a steady pace. The participant may not stop during the drag.

If the applicant accidentally trips/falls, he/she will be directed to get up as quickly as possibly and continue, the participant does not need to start over. Timing starts when the participant begins running and ends when the feet of the dummy past the designated 50 foot distance.

Performing the Standing Drag:

1. Kneel at the head of the supine victim.
2. Raise the victims head and torso by 90-degrees so that the victim is leaning against you
3. Reach under the victim's arms and around the victim's chest locking your arms together
4. Stand straight up using your legs and drag the victim to the designated location.

Data from the Center for Disease Control states that the average male in the U.S. is 195.7lbs while the average weight for a female is 168.5lbs. The average combined weight for both groups is 182.1lbs. The rescue manikin used for the practice exercise will weigh **165 pounds**.

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