

ELITE STRATEGIC TRAINING
2021 Fitness Incentive Program
FINEST message

TO: ALL COMMANDS
SUBJECT: **2021 ANNUAL PHYSICAL FITNESS INCENTIVE PROGRAM**

The annual Physical Fitness Incentive Program for 2021 will commence on Monday, March 22, 2021, and will run through Friday, December 10, 2021. Uniformed Members of the Service below the rank of captain can schedule themselves for the physical fitness assessment. The physical fitness assessment consists of the following two components:

- 1) 1.5-mile run (cardiovascular portion)
- 2) Job Standard Test (JST).

Members must first pass the cardiovascular component of the assessment to qualify for participation in the JST. Members will only be given one opportunity to pass each component of the assessment. All participation in the assessment must be on the member's off duty time.

The cardiovascular component will be administered at the following outdoor location:

John V. Lindsay Park
C/O East 6th Street & the FDR Drive
New York, NY 10009

The JST will be administered at the following indoor location:

Candidate Assessment Center
235 East 20th Street
New York, NY 10003.

*Test locations may be subject to change.

Test components and passing scores regardless of gender/age:

Components	Time	Points Awarded
1.5 Mile Run	14:21	0.20
Job Standard Test	3:32	0.30

Members must appear on the date they are scheduled for and be on time. Members must be properly prepared for the 1.5-mile run, and dressed in appropriate running attire for the weather conditions. When participating in the JST, members must wear long sweatpants that cover their knees, and an athletic shirt. For each component of the assessment, members must bring their identification card, a pen with black or blue ink, and a gym bag to secure personal belongings.

Personal electronics (ipods, cellphones, etc.), and water bottles cannot be utilized during either component of the assessment. The finish time provided by the physical assessment unit is the official time.

Failure to follow the above instructions or those provided by the physical assessment unit may result in member being barred from participation.

Parking is extremely limited at both locations. Members must park their vehicles in accordance with parking regulations and department guidelines. Failure to do so may result in a summons, tow and/or disciplinary action.

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SCHEDULING

Uniformed Members of the Service below the rank of captain may schedule themselves via the department's training attendance Certification Transcript Integrated Collection System (TACTICS).

Testing for the 1.5-mile run typically occurs every Monday - Thursday at 1200 hours during the scheduled assessment period. Testing for the JST occurs every Friday at 1200 hours during the scheduled assessment period. Members will be guided by the physical assessment unit's instructions regarding changes to the schedule or cancellations.

In the event of inclement or excessively hot weather on the day a uniformed member is scheduled, the assessment may be postponed. The decision to cancel due to weather conditions is made on the day of the assessment.

The number of members that can be tested on any day is limited. Historically, many members wait until the end of the assessment period to schedule an appointment and some may be excluded due to limited space. It is highly recommended that members schedule an appointment before the last month of the assessment period, as space is readily available throughout the year. If there is no availability to participate during the final weeks of the scheduled assessment period, no accommodations will be made for a member that has failed to schedule their participation in the physical fitness assessment.

Uniformed members unable to take the physical fitness assessment during the scheduled assessment period will not have any additional points included in their mark unless rescheduling and/or extension procedures detailed in Personnel Bureau Memo No. 2 Series 2020 are strictly adhered to.

For a detailed description of the rules and administration of the Annual Physical Fitness Incentive program, refer to Personnel Memo No. 2 Series 2020, which is available on the Department Intranet. Members may telephone the Physical Assessment Unit at 718-312-4382 with any questions.

