

**ELITE STRATEGIC TRAINING**  
**2018 Fitness Incentive Program**  
**FINEST message**

The Fitness Incentive Program for 2018 will commence on Monday April 16, 2018 and will run through Friday December 14, 2018. Uniformed Members of the Service below the rank of captain can schedule themselves for the fitness assessment. The two components of the fitness assessment are the 1.5 Mile run/cardiovascular endurance and job standard test (JST). Uniformed members must first pass the cardiovascular portion (1.5 mile run) to qualify for participation in the job standard test.

The 1.5 mile run and the job standard test will be given at an indoor site, 235 east 20th street, New York, NY, 10003 at the candidate assessment center. Uniformed members who fail the cardiovascular (1.5 mile run portion) will not be permitted to participate in the job standard test. Those uniformed members passing the cardiovascular endurance will be given an appointment for another day to take the job standard test.

Test Components and Passing Scores Regardless Of Gender/Age

<u>Components</u>	<u>Time</u>	<u>Points Awarded</u>
1.5 Mile Run	14:21	.20
Job Standard Test	3:32	.30

The Job Standard Test (JST) is a continuous timed event comprised of six (6) components. The JST is a criterion-valid physical job assessment that tests an individual's ability to perform both typical and atypical physical tasks which can be expected to be required of a police officer's response to either a routine radio run or critical incident. The uniformed member will be suited with a weighted vest (net weight 14 pounds). The six (6) components of the JST are as follows:

BARRIER SURMOUNT - From a kneeling position, weapon ready, the uniformed member sprints fifty feet to surmount a six foot barrier.

STAIR CLIMB - The uniformed member proceeds from the barrier surmount to a six stair climb system and completes three over and back traverses.

PHYSICAL RESTRAINT SIMULATION - The uniformed member proceeds from the stair climb to a controlled tactics and training device which measures the ability to resist or control force in a physical restraint situation.

PURSUIT RUN - The uniformed member proceeds from the physical restraint simulation to a run/jog around a pattern of cones for approximately six hundred feet.

VICTIM RESCUE - The uniformed member proceeds from the pursuit run to a simulated victim rescue involving a thirty-five foot long drag of a hundred and seventy-six pound mannequin.

TRIGGER PULL - The uniformed member proceeds from the victim rescue to a trigger pull station where the member picks up an inoperative firearm, aims the firearm through a nine inch diameter metal ring and pulls the trigger sixteen times utilizing the dominant hand and fifteen times utilizing the non-dominant hand. Once inserted, the firearm must remain within the metal ring for the completion of the trigger pull cycles.

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**1.5 Mile Run**

Uniformed members must appear on their own time in proper running attire on their scheduled date and time to the Candidate Assessment Center, 235 east 20<sup>th</sup> Street, New York, NY 10003 with Identification Card, a pen, and a gym bag to secure personal belongings. It should Be noted that for safety reasons, personal stereos (ipods, mp3 Players, etc.) cannot be used.

**Job Standard Test (JST)**

Uniformed members must appear on their own time to the Candidate Assessment Center, 235 East 20<sup>th</sup> street New York, NY 10003 on the scheduled date and time for the job standard test. Uniformed members must wear long sweatpants that cover the knee and must wear a sport shirt. They must bring their identification card, a pen and a gym bag to secure personal belongings.

Water bottles will not be allowed to be utilized or carried during the 1.5 Mile run or the Job Standard Test.

The finish time provided by the Physical Assessment Unit is the only qualifying time.

NOTE: Uniformed members must have their identification card to participate in the 1.5 mile run and Job Standard Test. Uniformed members who appear without their identification card will not be permitted to participate.

Parking around the facility is limited. The vehicles of uniformed members who park in violation of posted parking regulations may be summonsed and/or towed.

Scheduling

Uniformed members of the service below the rank of captain can schedule themselves by calling 718-fitness (718 348-6377), seven days a week, 24 hours a day.

In the event of inclement or excessively hot weather on the day a uniformed Member is scheduled, the assessment will be postponed and a new date will be scheduled. The decision to cancel due to weather conditions is made on the day of the assessment. Uniformed members may telephone the Fitness Incentive Tracking unit at 718-312-4382.

Uniformed members unable to take the fitness assessment during the scheduled assessment period will not have any additional points included in their mark unless the rescheduling provisions below are followed.

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Rescheduling/Medical/Military Extension Procedures

- 1) If a uniformed member is unable to appear immediately prior to their scheduled date due to an emergency. The candidate must reschedule prior to his/her assessment appointment by calling the Physical Assessment Unit at 718-312-4382. Rescheduling will only be permitted for a valid reason such as an arrest, ordered overtime or injury.
- 2) Tour changes will be authorized pursuant to the needs of the command.
- 3) Uniformed members who are unable to participate due to a medical condition must submit a written request for an extension. Telephone requests are not acceptable. All written requests should be addressed to the Commanding Officer, Physical Assessment Unit, 235 East 20<sup>th</sup> street, New York, NY 10003 and must include:
  - Name
  - Tax Number
  - Social Security Number
  - Command
  - Command Telephone Number
  - Nature Of Illness Or Injury
  - Current Duty Status Medical
  - District Number

All requests for medical extensions will be reviewed by the Medical Division.

Military Extension

Uniformed members who are unable to participate due to a military employment during the testing period must submit a written request for an extension. Telephone requests are not acceptable. All written requests should be addressed to the Commanding Officer, Physical Assessment Unit, 235 East 20<sup>th</sup> Street, New York, NY 10003 and must include:

- Name
- Tax Number
- Social Security Number
- Command
- Command Telephone Number
- Duration Of Military Deployment
- Current Duty Status

All requests for military extensions will be reviewed by the Military Extended Leave Desk.

If a uniformed member does not appear on his/her scheduled test date, or fails to notify in advance of their inability to appear, and has not been granted a medical or military extension, such uniformed member will forfeit the opportunity to compete for the extra point for that calendar year's testing Period.

