

**ELITE STRATEGIC TRAINING**  
**2019 Fitness Incentive Program**  
**FINEST message**

TO: ALL COMMANDS

SUBJECT: **2019 ANNUAL PHYSICAL FITNESS INCENTIVE PROGRAM**

The annual Physical Fitness Incentive Program for 2019 will commence on Monday, March 25, 2019, and will run through Friday, December 13, 2019. 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 1.5-mile run (cardiovascular portion) to qualify for participation in the job standard test. Members will only be given one opportunity to pass each assessment. Members must appear on their own time for each assessment. The 1.5-mile run portion of the physical fitness assessment will be administered at the following outdoor location:

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

The Job Standard Test 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:

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

Members must appear on time, on the date they are scheduled for. Members must be properly prepared for the 1.5-mile run, and dressed in appropriate running attire for the weather conditions. For the Job Standard Test, members must wear long sweatpants that cover their knees, and a sport shirt. For each assessment, members must bring their identification card, a black pen, and a gym bag to secure personal belongings. Personal stereos (ipods, mp3 players, Cellphones, etc.), and water bottles cannot be utilized during either 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 staff may bar the member from participation.

Parking is extremely limited at both facilities. Members must park their vehicles in accordance with local 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 department email at [fitpoints@nypd.org](mailto:fitpoints@nypd.org). Scheduling via email must be made from the member's department email address only. The email must include full name, tax number, command code, phone number and requested date.

NOTE: Members scheduling via department email will receive a confirmation email within two (2) business days. Those members who do not receive a confirmation email within two (2) business days are advised to contact the physical assessment unit at (718)312-4382 immediately.

Testing for the 1.5-mile run typically occurs every Monday - Thursday at 1200 hours during the testing period. Testing for the Job Standard Test typically occurs every Friday at 0700 hours during the testing period. Be guided by the physical assessment unit's instructions regarding changes to the schedule or cancellations.

The number of members that can be tested on any day is limited. Historically, many members wait until the end of the testing 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 few weeks of the testing period as space is readily available throughout the year. No accommodation will be made if the member is unable to participate in the final weeks of testing due to a full schedule.

In the event of inclement or excessively hot weather on the day a uniformed member is scheduled, the assessment may 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 physical assessment unit at 718-312-4382 with questions.

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 the rescheduling and/or extension procedures detailed in personnel bureau memo no. 1 series 2019 are strictly adhered to. For a detailed description of the rules and administration of the annual physical fitness incentive program, refer to personnel bureau memo no. 1 series 2019, which is available on the department intranet.

