

ELITE STRATEGIC TRAINING
2020 Fitness Incentive Program
FINEST message

TO: ALL COMMANDS

SUBJECT: **2020 ANNUAL PHYSICAL FITNESS INCENTIVE PROGRAM**

The annual Physical Fitness Incentive Program for 2020 will commence on Monday, March 23, 2020, and will run through Friday, December 11, 2020. 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 6th 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 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 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 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 testing period. Testing for the Job Standard Test typically occurs every Friday at 1200 hours during the testing period. 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, 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. 2 series 20120 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. 2 series 2020, which is available on the department intranet.

