



Division of Criminal Justice Police Training Commission

Directive

Directive Number: 1-2023

Directive Date: 2/24/2023

Commission Meeting Number: # 349

Commission Meeting Date: 12/7/2022

Subject: Adoption of Pre-Academy Fitness Testing and Defensive Tactics Instruction for individuals receiving training credit (Waiver).

At the December 7, 2022, Police Training Commission meeting, the Commissioners approved a motion adding the Pre-Academy Fitness Test, and Defensive Tactics Instruction for individuals receiving training credit (Waiver), for certain portions of previously completed training in a Basic Course. The Pre-Academy Fitness Standard will be in accordance with Title 13:1-8.1. The Defensive Tactics Instruction will be in accordance with the PTC Defensive Tactics Manual, approved by the Commission on August 4, 2021.

General Physical Conditioning Testing Procedures

1. Warm up for at least three (3) minutes.
2. Perform Vertical Jump, and then recover for 1-2 minutes.
3. Perform the 1-Minute Sit-up, and then recover for 5 minutes.
4. Perform the 300 Meter Run, and then recover for 10 minutes.
5. Perform the 1-Minute Push-up, and then recover for 5 minutes.
6. Perform the 1.5 Mile Run, and then recover for 5 minutes.

Important Note: Candidates should recover through active techniques (walking, stretching, etc.). Candidates may be given more time in between events due to processing delays, but should not be given less time in between activities.

Physical Conditioning Passing Test Requirements:

Vertical Jump:	15 inches
1 Minute Sit-up:	28 repetitions
300 Meter Run:	70.1 seconds or less
1 Minute Push-up:	24 repetitions
1.5 Mile Run:	15:55 minutes or less

Candidates who fail to meet the minimum requirement of any one of the events will be given the opportunity to reassessed following a 21 day wait period. Candidates will be required to retake the entire assessment, completing all five of the required events.

Candidates who fail to meet the minimum standards will not be admitted into the course. Candidates are not precluded from testing for future courses.

Effective Date: February 1, 2023

Applicable to: All of the following classes that begin after February 1, 2023:

Basic Course for Police Officers (BCPO), the Basic Course for Class Two Special Law Enforcement Officers (SLEO II), the Basic Course for Investigators (BCI), the Basic Course for State Correctional Police Officers (BCSCO), the Basic Course for County Correctional Police Officers (BCCCO), and the Basic Course for Juvenile Corrections Officers (BCJCO), Waiver Only Basic Course for Police Officers (WBCP).