

## Physical Readiness Assessment

Dear Greenfield Police Department Police Officer Candidate,

As a condition of employment with the Greenfield Police Department and attendance at a Wisconsin Law Enforcement Academy Program you will be required to pass the entrance requirements of the Physical Readiness Test (commonly known as the PRT).

The PRT has been determined to be an accurate gauge of the physical tasks and abilities required of an entry-level law enforcement officer. Our department uses the standard 6 test assessment.

It is recommended you test yourself in these areas of the assessment to gauge your level of preparedness for the assessment. If you find you have not met the entrance standards for any particular test, it is recommended you begin a training routine that will enable you to increase the likelihood you can pass the assessment.

The entrance standards are as follows:

1. Vertical Jump – 11.5 inches
2. Illinois Agility Run – 23.4 seconds
3. 1 minute Sit-Up test – 24
4. 300 meter run – 82 seconds
5. Total Push-Ups (un-timed) – 18
6. 1.5 mile run – 20:20 min/sec

### **Vertical Jump Test**

The entrance standard for the Vertical Jump test is 11.5 inches. On the day of the assessment we will utilize a Vertec device. This device allows us to accurately measure how high you jumped. To begin the test on assessment day, we set the Vertec device at the height of your hand, raised above your head, just above the tips of your fingers.

To test this on your own, utilize a location where you can mark a vertical surface. You will want to mark the vertical surface where the tips of your fingers are as you are standing with your arm raised straight up over your head.

To conduct the test, you can either; take a step back with one foot, step forward and take off; or you can do a two footed take off. At the highest point of your jump, mark the vertical surface.

For example; on a darker wall, you could mark your fingertips with chalk to mark the wall.

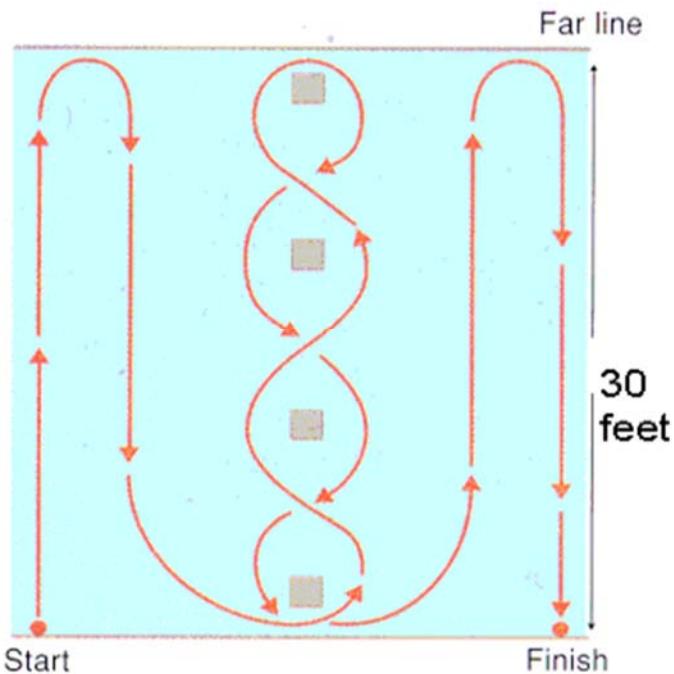
The difference between the two points is your vertical jump.

### **Illinois Agility Run**

The Illinois Agility run is a test of your overall coordination and speed. On the day of the test, we utilize cones on a track (weather permitting). The instructions for this test are as follows:

“Start in the prone position to the left of the first cone with the tips of your fingers behind the starting line. When the instructor says, “GO”, stand up and sprint to the forward line (point to line 30 feet away), place one foot over the line, and sprint back to the starting line. Make a left turn around the first cone, then zig-zag in a figure eight fashion around the four cones and zig-zag back to the start line. Turn left around the first cone, and sprint to the forward line and back one more time. The clock stops when any part of your body crosses the finish line. If you knock over a cone, miss a turn, or fail to cross the line when turning, the instructor will stop you and return you to end of the line for a restart. Your score is the time it takes to complete the run, and will be recorded to the tenth of a second.”

Below is a diagram of the course set up.



### **1 Minute Sit-Up Test**

For purposes of this assessment, a proper sit-up is defined as follows:

- Fingertips must be at or behind the ears and cannot come forward of the ears, or to the back of the head.
- Feet flat on the ground, knees bent at approximately 90 degrees
- Elbows must touch or go beyond the knee caps.

- Shoulder blades must return to and touch the floor.
- Must keep your back and butt on the ground, no raising of the hips.

### **Testing Procedure**

1. With either another person holding your feet, or feet wedged under a heavy object, begin by lying flat on your back, with your feet flat, pulled up toward your butt.
2. Begin a 1 minute countdown timer.
3. Conduct as many proper form sit-ups as possible in that minute. Ensure your fingertips stay at or behind your ears; your elbows touch or go beyond your knees and you maintain your feet and butt on the ground.
4. Ensure your shoulder blades return to, and touch the floor, which equals 1 repetition.

### **300 Meter Run**

Prior to conducting this test, it is important to make sure the course you are using is 300 meters. If you are able to complete this at a high school track, place a cone (finish line) at the 100m dash start. This will be your finish line. Your starting line is the standard start line on the track.

If you are unable to utilize a track, find a location that does not have a lot of traffic and use an online map service like google maps, garmin or MapMyRun to create a 300m course. Ensure the landmarks you are utilizing online are easy to find in real life.

### **Testing Procedure**

1. Begin at your starting line.
2. Start a stopwatch or other timer and begin running.
3. Stop the timer as soon as you cross the finish line.

### **Total Push-Up Test**

For the purpose of the assessment, a proper form push-up is defined as follows:

- Your body should be roughly parallel with the ground and straight from the bottom of your neck to your feet.
- In the upright position, your elbows will be soft-locked.
- In the down position, your elbows and shoulders should make a 90 degree angle and should be even.
- Your back and neck should be in a straight position.
- Any dip or curve in your hips is not considered proper form.

### **Testing Procedure**

1. Begin in the upright position.
2. Lower your upper body until your elbows are parallel with your shoulders and then return to the upright position. This constitutes one repetition.
3. If you need to rest, you may do so in the upright position.

## **1.5 Mile Run Test**

Prior to conducting this test, it is important to make sure the course you are using is 1.5 miles. If you are able to complete this at a high school track, this is 6 complete laps of the track.

If you are unable to utilize a track, find a route that does not have a lot of traffic and use an online map service like google maps, garmin or MapMyRun to create a 1.5 mile course. Ensure the landmarks you are utilizing online are easy to find in real life.

The other option would be to utilize a smart watch or other device that is able to track your distance.

### **Testing Procedure**

1. Begin at the start of your course.
2. Start a stopwatch / timer and begin running.
3. Stop the stopwatch / timer when you have completed your pre-determined course or completed 1.5 miles on your tracking device.