Norfolk
POLICE

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PHYSICAL TESTING FOR POLICE OFFICER APPLICATION PROCESS

The Nebraska Law Enforcement Training Center now utilizes an entrance fitness test modeled after the Cooper Institute Test that must be successfully completed at the time of admission into NLETC. Because of this, applicants for the City of Norfolk Police Officer position will complete the following for the City of Norfolk testing process:

1. Maximum number of sit-ups in one minute
2. Maximum number of push-ups in one minute
3. Timed 300 meter sprint
4. Timed 1.5 mile run

More information pertaining to the NLETC fitness test can be found here:

http://nletc.nebraska.gov/entrance physical.html

Official Nebraska Government Website

NLETC

Physical Requirements for Admission and Certification

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Physical Requirements for Admission and Certification

In November, 2013 the Police Standards Advisory Council adopted a physical fitness entrance standard for all incoming basic students. This test is known as the "PRET" – Physical Readiness Entrance Test. The purpose of the entrance testing is to ensure that the student has the physical capabilities to be able to perform the required essential job tasks necessary for certification.

The entrance fitness test will be administered to new basic students prior to attending Basic Training. A demonstration of each test is available here. Students will need to wear gym attire along with comfortable running shoes for this test. New students are also emailed a link to the test demonstrations prior to their appointment for the PRET.

The entrance fitness test is modeled after the Cooper Institute® Test and will consist of the following:

1. Vertical Jump – See instructional video (1-2 minutes recovery)
2. 1 minute sit-ups – See instructional video (5 minutes recovery)
3. 300 Meter Sprint – Measured 300 Meters on flat surface & timed (5-10 minutes recovery)
4. 1 minute push-up – See instructional video (5 minutes recovery)
5. 1.5 mile run – Measured 1.5 miles on flat surface & timed (cool down 5 minutes)

These tests will be administered in the above listed order with the prescribed recovery periods between each test. Recovery between each test should be active (i.e. slow walking, gentle stretching)

To successfully complete the NLETC Physical Fitness Test, you must score an overall average of 30% on all testing completed which is based on gender and age norms.

The student is NOT required to score 30% on each individual test so long as your scores average to 30%. This test is scored based upon age and gender, so the percentages will vary for each applicant based upon those factors. For the full scale of testing norms, please refer to the Cooper Institute Testing Norms. The 30% for each age and gender grouping is as follows:

	Men 30% Standards				Women 30% Standards			
	20-29 yrs	30-39 yrs	40-49 yrs	50-59 yrs	20-29 yrs	30-39 yrs	40-49 yrs	50-59 yrs
Vertical Jump	18"	18"	14.5"	13"	13.5"	11.1"	9"	N/A
1 Minute Push-ups	26	20	15	10	13	9	7	N/A
300 Meter Sprint	62 sec	63 sec	77 sec	87 sec	75 sec	82 sec	106 sec	N/A
1 Minute Sit-ups	35	32	27	21	30	22	17	12
1.5 Mile Run	13:08	13:48	14:33	16:16	15:56	16:46	18:26	20:17

Use caution when obtaining the Cooper Standards from an alternate source, as the data may be outdated or incorrect. If you have any questions contact William.Keeling@nebraska.gov.

If a student fails to achieve the overall 30% on the first attempt, they will not be retested and will not be allowed to continue with training and will be sent home.

PHYSICAL TASKS

The physical tasks were identified through the most recent Job Task analysis and approved by PSAC as a part of the 2014 curriculum. These tasks must be completed by the student prior to receiving certification.

During the first week, the student will participate in physical skills testing. This testing is designed to demonstrate the essential physical tasks and the student's skill in performing the tasks.

If students cannot perform an essential task they have until 10 days prior to graduation to improve their skill and complete all tasks. If a student is unable to complete the essential physical tasks at the time of graduation, they will not receive basic law enforcement certification. A list of required physical tasks which the student must complete prior to graduation follows:

- Bend over to help person (200 lbs) to standing
- Grip & Hold resisting persons to maintain physical control (200 lbs 5 minutes)
- Hold/restrain struggling person (200 lbs 4 minutes)
- Physically defend against and control an attacking person
- Take down and subdue a resisting person
- Use repetitive hand movements
- Kneel &/or bend for sustained period
- Run 300' on flat surface
- Run 200' on varying terrain
- Walk up and down 4 flights of stairs
- Run Up/down 3 flights of stairs
- Climb or pull oneself over 6' tall obstacle (fence)
- Lift objects (68 lbs) off ground 38" high) w/o assistance
- Lift objects (180 lbs) off ground (40") w/assistance
- Push (38') vehicle (2 ton) out of traffic by oneself
- Lift objects (50 lbs) down from elevated surface place on ground
- Climb/Pull oneself onto a large piece of equipment or object (platform 5'high)
- Jump down from elevated surface
- Jump/vault over ditch, hole or other hazard (36" wide)
- Kneel, squat and recover to feet

- Hold a person (150 lbs) suspended in air (stop suicide or rescue a person)
- Perform strenuous physical activities in a series (sprint, run upstairs, wrestle, pull, carry, etc)
- Perform duties wearing full duty gear
- Push door with shoulder
- Kick door with foot
- Bend over and push object
- Carry, by self, an immobile child
- Carry with someone else an immobile child on a stretcher
- Drag by yourself an immobile child
- Drag by yourself an immobile adult
- Crawl under an obstruction
- Climb over fence
- Jump /vault over fence or other barrier
- Climb through window or other such opening
- Sprint at full speed (less than 300 yds)
- Quickly exit or enter cruiser

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Admission Criteria

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Admission Criteria

Admission requirements are set by statute and rule and regulation. Chapter 8 of Nebraska Crime Commission on Law Enforcement and Criminal Justice rules and regulations contains specific information. You may view these rules and regulations on the Nebraska Secretary of State's Web Site.

Generally, the admission requirements are as follow:

- Age 21 before completion of the training program
- Citizen of the United States
- High School Diploma or GED
- Hold Nebraska Driver's license
- Able to read, write, and understand the English language at the eleventh grade level as demonstrated by the Test of Adult Basic Education
- Possess good character as determined by a thorough background investigation to include but not limited to consideration of the following:
  - Not convicted or has been pardoned of a crime punishable by imprisonment in a penitentiary for a term of one year or more, including convictions of Class 1 Misdemeanors
  - Not been convicted of driving while intoxicated or under the influence in the two years immediately preceding admission
  - Has not received a punitive discharge from the United States Armed Forces
  - Has not been denied certification status, had certification revoked or currently suspended in this state or another jurisdiction
  - Not been convicted of any crime involving the threat or actual use of physical violence that would constitute a Class I misdemeanor in this state.
  - Not been convicted of any crime involving the threat of or actual sexual assault or abuse.
  - Not convicted of any crime of physical violence or sexual abuse against a child or children.
  - Not convicted of a crime of domestic violence as defined in the United States Code, 18 USC 922(g)(9), that would disqualify from possessing a firearm.
  - Not subject to an order of protection that would disqualify from possessing a firearm under the provisions of United States Code, USC 922(g)(8)
  - Does not have a past indicative of incompetence, or neglect of duty.
  - Does not have a past indicative of physical, mental or emotional incapacity.
  - Has not been adjudged or convicted of criminal violations with such frequency so as to indicate a disrespect for the law and rights of others.
  - Has not been adjudged or convicted of traffic violations with such frequency so as to indicate a disrespect for traffic laws and disregard for the safety of others within the past three years.
  - Does not have a pattern of substance abuse.
    - Has not used marijuana for any purpose in the two years preceding application
    - Not used illegal drugs or narcotics other than marijuana in the five years preceding application
- The applicant must be examined by a licensed physician within one year prior to admission.

NEBRASKA LAW ENFORCEMENT TRAINING CENTER