



# Physical Readiness Test for La Crosse Police Department Applicants

The La Crosse Police Department Physical Readiness Test measures the factors that underlie the ability to perform the essential and critical physical tasks required of Police Officers. Officer candidates must meet the minimum standard of each component the Physical Readiness Test in order to proceed to the next step the recruitment process.

## Physical Readiness Test Standards

Candidates will complete the components in the following order:

Physical Readiness Component	Minimum Standards
<b>Vertical Jump</b>	At least 14 inches
<b>Agility Run</b>	19.5 seconds, or less
<b>Sit-ups (1 minute test)</b>	At least 30
<b>300 meter Run</b>	68 seconds, or less
<b>Push-ups</b>	At least 23
<b>1.5 mile Run</b>	16 minutes and 57 seconds, or less

**Vertical Jump:** This is a measure of total body explosive power. It is an important area for pursuit tasks that require jumping and vaulting.

**Agility Run:** This is a measure of coordinated movement and speed. It is an important area for performing tasks requiring quick movements around obstacles.

**Sit-Ups:** This measures muscular endurance of the abdominal muscles, and important area for many physical tasks and injury prevention.

**300 meter Run:** This is a test of anaerobic capacity. This is an important area for performing short intense burst of effort such as in pursuit tasks.

**Push-Ups:** This is a measure of the muscular endurance of the upper body (chest, shoulders, and triceps). This is an important area for many tasks including use of force, lifting, carrying, and pushing.

**1.5 mile Run:** This is a measure of cardiovascular endurance or aerobic capacity. This area is important for running pursuits and use of force situations lasting more than two minutes.

**Please note:** if the candidate does not meet one of the minimum standards, they are eliminated from the rest of the Physical Readiness Test and recruitment process.

**Weather Information:** Please dress appropriate for indoor and outdoor climates. The first component will be conducted indoors. Weather permitting, the last five components will take place outdoors.

Arrangements will be made for the run to be conducted at an indoor track if:

- Temperature is below 20 degrees
- Wind chill is below 0 degrees
- Track is icy or slippery

Locker rooms and shower facilities will be available.