

STATE OF VERMONT
AGENCY OF HUMAN SERVICES
DEPARTMENT OF CORRECTIONS

Procedure: 414.01.01

Subject: CERT Tactical Physical Fitness Standards

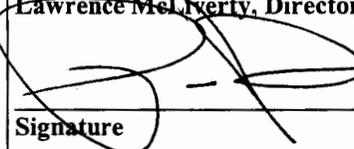
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Recommended for approval by: Lawrence McQuerty, Director/Sec. & Supv.  Signature	Authorized By: Jacqueline L. Kotkin, Asst. Director/Corr. Services  Signature
12/15/03 Date	12/15/03 Date

1. Authority:

- 1.1. Authority for this procedure is derived from Department Directive 02.01 (Policy and Procedure Development) Directive 414.01 (Corrections Emergency Response Team).

2. Purpose:

- 2.1. The Vermont Department of Corrections views emergency preparedness as essential to ensuring minimal disruption to its overall operation. The department must be prepared to meet such disruption with a highly professional and well-organized response. To that end, the Tactical branch of the CERT must be in the physical condition that allows them to effectively function during high stress and physically demanding situations.

3. Applicability/Accessibility

- 3.1. This procedure applies to staff members who are on the CERT (Tactical) or who may be interested in applying for membership. This procedure may be viewed by anyone.

4. Procedure

- 4.1. The standards set forth in this Procedure were established by the Cooper Institute of Dallas, Texas who are regarded as the leaders in Law Enforcement Physical Fitness Standards. These standards are currently in use by the Vermont Criminal Justice Training Council for Law Enforcement Personnel.
- 4.2. Staff members who meet the requirements to apply for membership on the CERT Tactical, must successfully complete the physical fitness (agility) test that is conducted prior to any 40-hour CERT (Tactical) Basic course.
- 4.3. Members who are selected and complete the CERT (Tactical) Basic must take an annual physical fitness exam administered by the CERT Leadership and Trainers.

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- 4.4. The following will be included, but not necessarily limited to, physical fitness testing: Sit-up, Push-ups, Bench Press, Flexibility, and the Mile and a half run. See Attachment "A" for the numbers that need to be achieved for each event. For all but the run, each activity has a time limit of one minute. (see appendix "A")
 - 4.4.1 1 minute of bent knee sit-ups - This event tests muscular endurance of the abdominal area, and hip flexors, which is the ability to contract the muscle repeatedly over a period of time. The candidate lies on his/her back, knees bent, heels flat on the floor, hands locked behind the head and with a partner holding the feet down, then does as many sit-ups in correct form as possible in one minute. In the "up" position, candidates must touch their elbows to their knees, and both shoulders must touch the surface in the "down" position. The up position is the only rest position allowed.
 - 4.4.2 1 minute of push-ups - This event tests the muscular endurance of the upper body (anterior deltoid, pectorals major, and triceps). The candidate starting in the up position where the hands are placed about shoulder width apart, elbows fully extended, legs and back are kept straight and knees off the ground at all times. The candidate will lower him/her self until their chest is approximately "3" inches from the surface thus completing one repetition. The only rest position allowed is arching the back upward. No hands or feet shall be moved off the surface while conducting the event.
 - 4.4.3 1 Repetition maximum bench press - Absolute strength test involves forcing a muscle group to exert maximum force, using dynamic variable resistance protocol. The score indicated is a ratio of weight pressed divided by body weight. Equipment utilized will be a universal weight machine to record the weight of the repetition.
 - 4.4.4 Sit and Reach test - This event measures flexibility of the upper and lower trunks of the body, specifically lower back, hips, and hamstring muscle groups. The candidate warms up slowly, and then he/she removes their shoes. The candidate sits on the floor with legs extended, feet placed squarely against the box, and reach forward with arms extended, hand placed on top of each other with fingers extended and joined, and reach out slowly forward with both hands as far as possible and hold the position momentarily. The distance reached by the fingertips is the best of three trials.
 - 4.4.5 1.5 mile run - Cardiovascular capacity and aerobic power, it requires nearly exhaustive effort. It takes place on an outdoor course, relatively level running area, and is measured with a stopwatch.
- 4.5. New perspective members must pass the physical fitness testing at a level of at least the 40th percentile in all tested categories; however, they must be at the 50th percentile in all tested categories within one year. All current members must meet the 50th percentile in all tested categories within one year after the signing of this Procedure.
- 4.6. Any member who fails to meet the required standard will be given until the next quarterly training date to come into compliance with the standard. If that member fails at that point, that member shall be removed from the team. Any exceptions to this for good cause, such as injury, must be approved by the Chief of Emergency Services. Any member that is granted an approved absence from the annual testing be given an alternate date through the Chief of Emergency Services.
- 4.7. All CERT PT re-testing will be administered at a date and time to be determined by the CERT Command Staff. If a member is required to re-test because he/she fails a portion, they must re-test in all categories, not just the part that they failed.

5. Training Method

- 5.1. The Chief of Emergency Services will provide training on this procedure.

6. Quality Assurance Processes

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6.1. Records will be maintained by the Chief of Emergency Services on all members and their physical fitness level.

7. Financial Impact:

7.1. There is no financial impact as the testing is part of the annual training.

8. References

Cooper Institute, Dallas Texas

Vermont Criminal Justice Training Council.

9. Responsible Director and Draft Participants

Lawrence McLiverty, Director/Security & Supervision is the responsible Director. Gary Dillon, Chief/Emergency Services drafted this procedure.

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Appendix "A"

40th Percentile

Males	Sit-ups	Push-ups	Bench	Sit & Reach	1.5 Mile
20-29	38	29	.99	16.5	12:29
30-39	35	24	.88	15.5	12:53
40-49	29	18	.80	14.3	13:30
50-59	24	13	.71	13.3	15:14
Female					
20-29	32	15	.59	19.3	15:05
30-39	25	11	.53	18.3	15:56
40-49	20	9	.50	17.3	17:11
50-59	14	NA	.44	16.8	19:10

50th Percentile

Males	Sit-ups	Push-ups	Bench	Sit & Reach	1.5 Mile
20-29	40	33	1.06	17.5	12:18
30-39	36	27	.93	16.5	12:51
40-49	31	21	.84	15.3	13:53
50-59	26	15	.75	14.5	14:55
Female					
20-29	35	15	.65	20.0	14:55
30-39	27	11	.57	19.0	16:02
40-49	22	9	.52	18.0	16:27
50-59	17	NA	.46	17.9	17:24