



Physical Fitness and Swim Testing Information for Wildlife Officer Cadets

The minimum qualifications for the wildlife officer cadet position include the ability to successfully pass the Ohio Peace Officer Training Council (OPOTC) Basic Training Program Physical Fitness Standards for the appropriate age/gender. These standards are the 30% level upon entry into the training program (see Exhibit A) and at the 50% level to complete the academy training program and graduate (see Exhibit B). The three physical fitness standards used for testing are as follows:

1. **One minute of sit-ups**
2. **One minute of push-ups**
3. **1.5 mile run**

Additionally, a swim test will be conducted where you must demonstrate the ability to:

1. **Swim a distance of 100 yards in five minutes or less**
2. **Tread water for a minimum of five minutes.**

The following is **general** information about the testing for these requirements. The testing will be conducted similarly to that described, but may not be exactly as noted. This information is meant to provide you with some general details about what to expect and prepare for.

You should dress in work out clothes such as shorts, a tee-shirt and running shoes for the fitness testing, which may be conducted outdoors. You should have a conservative swimsuit and towel for the swim test.

The fitness and swim testing is usually conducted on the same day in the Columbus, Ohio area. There will be break of approximately several hours between the tests.

The best applicants will have prepared themselves well for these tests through a regular exercise program that includes strength training, emphasizing upper body and core exercises, and aerobic training that includes running. Applicants should also ensure they are a good swimmer who can swim the distance needed and tread water comfortably. It may be difficult to pass these tests without any prior preparation and training.

FITNESS TESTING

Participants will warm up for a minimum of three minutes immediately prior to the fitness testing sequence.

One Minute Sit-Ups

The purpose of this event is to measure abdominal muscular endurance. The procedure throughout the entire event begins by lying flat on your back with your knees bent. Your feet may be together or apart but your heels must remain in contact with the floor (ground or mat). A partner may firmly hold your feet by placing their hands and applying their weight on the top of your feet.

Your fingers must be interlocked and placed behind your head. When the timer says "Go", lift your upper body by bending at the waist. Touch both of your elbows to your knees. This is the "Up" position. A correct sit-up will be counted each time the "up" position is met while maintaining proper form. Return back to the start position until both your shoulder blades touch the floor (mat or ground). Perform as many repetitions as possible. You may rest in the "up" position only. During this event keep your buttocks on the floor (ground or mat); do not thrust your hips; keep your fingers interlocked behind



your head; do **NOT** pull on your head or neck; keep your neck in a neutral or straight position; touch both of your elbows to your knees; touch both your shoulder blades to the floor (ground or mat); do **NOT** hold your breath; and breathe as normally as possible.

Your score is the number of fully completed repetitions in one minute or until you stop or cannot continue for the full minute. Participants will rest for a minimum of two minutes prior to push-ups.

One Minute Push-Ups

The purpose of the event is to measure muscular endurance of the upper body (chest, shoulders, and triceps). The procedure throughout the entire event begins by lying on your stomach or while on your knees, placing your hands flat on the floor (ground or mat). Place your hands slightly wider than shoulder width apart with your fingers pointing forward. Your feet may be together or up to 12 inches apart.

Start in the "Up" position with your elbows fully extended. When the timer says "Go", lower your body toward the floor until your upper arms are parallel with your back and you are touching the instructor's target (fist, sponge or aerobic block). Return to the "Up" position with your elbows fully extended. This cycle is counted as one repetition. Perform as many repetitions as possible. You may rest in the "Up" position only. During this event your back must be straight and your body should form a relatively straight line from your shoulders to your ankles at all times; you may **NOT** rest on the floor (ground or mat) or on the target and doing so will end the event; and in the "Up" position your elbows must be fully extended.

Your score is the number of fully completed repetitions in one minute or when you stop or cannot continue for the full minute. Participants will rest for a minimum of ten minutes then warm-up and stretch for a minimum of two minutes.

1.5 Mile Run

The 1.5 mile run is a measure of cardiovascular endurance or aerobic power. The procedure throughout the entire event begins by starting behind the designated starting line. When the timer says "Go", the clock will start. You will run at your own pace. You must run a set distance/# of laps around the track to complete the 1.5 miles. You may run alongside another runner; you may **NOT** physically assist or be assisted by another runner; and you may walk but it will be difficult to meet the standard. The instructor may call out the number of laps completed and/or your lap times. Your finish time for 1.5 miles will be called out and recorded as your score.

Participants will cool down immediately after the run by walking slowly for a minimum of 5 minutes. This will prevent venous pooling (pooling of the blood in the lower extremities which reduces the return of blood to the heart and may cause cardiac arrhythmias).

Violation of the above prohibitions or the inability to complete the required number of sit-ups or push ups in one minute, or the inability to complete the 1.5 mile run in under the required time will result in a failure being recorded and documented. In the event of a failure, one re-test may be made available at a later date, usually within two weeks time.

SWIM TESTING

Participants will stretch out for a minimum of three minutes immediately prior to the swim testing sequence.

100 Yard Swim:

You must demonstrate the ability to swim a distance of 100 yards in five minutes or less. For this portion of the testing, the participant will begin in the shallow end of the indoor swimming pool. The pool has previously been measured and the number of laps and/or portion of laps required to equal 100 yards will be communicated to the participant at pool side. For example, in a 25 meter pool, the number of laps required would be 3.65. At the audible start signal the participant will swim the distance equal to 100 yards in five minutes or less. Two stop watches will be operated, per swimmer, and the lower of the two timing devices will be the recorded time. In the event of a mechanical failure, the time reflected on the remaining



operational stop watch will be recorded. Although the actual time will be documented, only a pass/fail will be reported to the Wildlife Officer Cadet Interview Panel. The ability to demonstrate this skill in less time than the minimum will not be a factor in the selection process.

The participant may employ any desired swimming stroke or combination of swimming strokes for the completion of this assessment. The participant may use the side of the pool for the completion of turns, but may **NOT** use the edge of the pool for the attainment of rest periods during the event. Additionally, the participant may **NOT** make contact with the bottom of the pool as a means of obtaining rest periods during the event. The participant should make every effort to avoid any contact with the edge of the pool and the pool bottom during the actual testing portion of this event.

Treading Water:

You must demonstrate the ability to tread water for a minimum of five minutes. For this portion of the testing, the participant will begin in the deep end of the indoor swimming pool. The participant may have physical contact with the pool edge at the start of this event. At the audible start signal the participant will disassociate themselves from the pool edge and will tread water, in the deep end of the pool, for a minimum of five minutes. Treading water is defined as: to keep the head above water while in an upright position by pumping the legs/and arms. Treading water is not defined as floating.

Two stop watches will be operated, per swimmer, and the higher of the two timing devices will be the recorded time and will also be the timing device employed to signal the stop of the event. In the event of a mechanical failure, the time reflected on the remaining operational stop watch will be recorded. Although the actual time will be documented, only a pass/fail will be reported to the Wildlife Officer Cadet Interview Panel. The ability to demonstrate this skill in more time than the minimum will not be a factor in the selection process.

The participant may **NOT** use the edge of the pool for the attainment of rest periods during the event. Additionally, the participant may **NOT** make contact with the bottom of the pool as a means of obtaining rest periods during the event. The participant should make every effort to remain in the deep portion of the pool and to avoid any contact with the pool sides during the actual testing portion of this event.

Violation of the above prohibitions or the inability to complete the 100 yard distance in five minutes or less or tread water for a minimum of five minutes or more will result in a failure being recorded and documented. In the event of a failure, one re-test may be made available on the same date as the initial testing. A brief rest period will be provided and a second attempt will be administered following the same format as that of the initial test.



Exhibit A – Minimum entry standard for wildlife officer cadet applicants

Physical Fitness Standards (30th percentile)

Minimum Scores Based On Gender/Age Norms

(< 30 years old)	Males	Females
Sit-ups (1 minute)	35	30
Push-ups (1 minute)	26	13
1.5 Mile Run (time in minutes)	13:16	15:52
(30-39 years old)	Males	Females
Sit-ups (1 minute)	32	22
Push-ups (1 minute)	20	9
1.5 Mile Run (time in minutes)	13:46	16:38
(40-49 years old)	Males	Females
Sit-ups (1 minute)	27	17
Push-ups (1 minute)	15	7
1.5 Mile Run (time in minutes)	14:34	17:22
(50-59 years old)	Males	Females
Sit-ups (1 minute)	21	12
Push-ups (1 minute)	10	9 (Modified)
1.5 Mile Run (time in minutes)	15:58	18:59
(60 + years old)	Males	Females
Sit-ups (1 minute)	17	4
Push-ups (1 minute)	8	3 (Modified)
1.5 Mile Run (time in minutes)	17:38	21:20



Exhibit B – Graduation standard for wildlife officer cadets

Physical Fitness Standards (50th percentile)

Minimum Scores Based On Gender/Age Norms

(< 30 years old)	Males	Females
Sit-ups (1 minute)	40	35
Push-ups (1 minute)	33	18
1.5 Mile Run (time in minutes)	11:58	14:07
(30-39 years old)	Males	Females
Sit-ups (1 minute)	36	27
Push-ups (1 minute)	27	14
1.5 Mile Run (time in minutes)	12:25	14:34
(40-49 years old)	Males	Females
Sit-ups (1 minute)	31	22
Push-ups (1 minute)	21	11
1.5 Mile Run (time in minutes)	13:11	15:24
(50-59 years old)	Males	Females
Sit-ups (1 minute)	26	17
Push-ups (1 minute)	15	13 (Modified)
1.5 Mile Run (time in minutes)	14:16	17:13
(60 + years old)	Males	Females
Sit-ups (1 minute)	20	8
Push-ups (1 minute)	15	8 (Modified)
1.5 Mile Run (time in minutes)	15:56	18:52

Source:

Testing Procedures and norms adopted from The Ohio Peace Officer Training Commission, Peace Officer Basic Training, Physical Fitness & Conditioning, Unit 12 – Topic 1, January 1, 2017 and The Cooper Institute Physical Fitness Assessments and Norms for Adults and Law Enforcement Booklet dated 9.01.13