

ATTACHMENT A

INTRODUCTION

The mission of the New York City Police Department is to protect the property and citizens of New York City. By its nature, law enforcement has physical demands that exceed the vast majority of employment occupations within the United States. For this reason it is appropriate that a physical assessment is conducted to evaluate the physical fitness of potential police officer candidates.

Health Metrics Inc. conducted a survey for the purpose to identify these essential physical fitness components. In conducting this survey the following Job Standard Test was created.

A. Description of the Job Standard Test (JST)

The JST will be given in a location (inside or outside) suitable for its administration. Candidates are required to complete the course in four minutes and twenty-eight seconds. (4:28) Candidates are required to wear long sweatpants, T-Shirt (long sleeve T-shirts or sweatshirts are permissible) and sneakers. Each candidate will be outfitted with a weighted vest (net weight 14 pounds), which will be worn while taking the JST. The test is a continuously timed exercise. Candidates may rest at any time during the performance of the test, but the clock will continue to run.

The JST course consists of six short duration events listed below.

- **SPRINT/BARRIER SURMOUNT**
- **STAIR CLIMB**
- **PHYSICAL RESTRAINT SIMULATION**
- **PURSUIT RUN**
- **VICTIM RESCUE**
- **TRIGGER PULL**

1. SPRINT/BARRIER SURMOUNT

-From a kneeling position, (subject on both knees with arms extended to the front in a simulated firing position) the candidate rises unassisted and runs 50ft. to surmount a 6- foot barrier.

-The candidate climbs over the barrier using his/her hands, arms and feet. No other assistance is allowed.

-The candidate will have three (3) attempts to surmount the barrier. If candidate is unsuccessful on the third attempt the test stops and candidate is disqualified.

-If the candidate surmounts the barrier he/she will turn 90 degrees to the right around a traffic cone and run another 50ft. to the second obstacle.

2. STAIR CLIMB

-Candidates will complete six (6) transverses of the stairway (three over-and-back trips), the equivalent of a four story climb.

-The handrail may be used during ascent or descent.

-When ascending, the subject may skip stairs or use everyone; however, every step must be used on the descent.

-After the completion of the six (6) traverses, the candidate will run 40ft. to the Physical Restraint Simulation.

3. PHYSICAL RESTRAINT SIMULATION

-The candidate will complete four (4) semi-circles while pulling on a rope that is attached to the handle of the Physical Restraint Device, followed by four (4) semi-circles while pushing on the handle.

-In each semi-circle transverse, the candidate must have one foot cross a line extending from and in-line with the stanchions of the machine.

-It is recommended that candidates side-step through out the entire obstacle in order to maintain proper balance to successfully execute the eight (8) semi-circles.

-The Physical Restraint Simulation will have 50 pounds of weight on its carriage, which will translate to an 80 pound load at the handle.

-The starting position for the handle will be to the right as the candidate approaches the Physical Restraint.

-The candidate must keep the load in the raised position past the marks on the handle shaft through all semi-circle sweeps to the right and left.

-Should the load fall below any of the indexed marks, the candidate must begin that semi-circle again with the weight above the marker.

-The candidate must complete all eight semi-circle transverses with the weight properly suspended to complete this event.

4. PURSUIT RUN

- The candidate runs/jogs in a triangle pattern around a set of three traffic cones a total of approximately 600 feet (five excursions of 110 feet each plus 50 feet to get to the next task).
- At the completion of the 5th lap candidate jogs/walks via a designed pathway to a supine rescue mannequin.

5. VICTIM RESCUE

- The candidate will be directed through traffic cones marking the entrance to the victim rescue.
- The total distance between the end of the Pursuit and to reach the victim is 33 feet and 6 inches.
- The candidate will approach the mannequin from the head and grab the straps/rope.
- Once the candidate has firmly grasped the straps/rope, he/she begins a rearward walking movement dragging the 176-pound victim 35 feet across a finish line.
- The victim's feet must cross the line to successfully complete this obstacle.
- The candidate runs/jogs approximately 20 feet from the finish of the Victim Rescue to the trigger pull station.

6. TRIGGER PULL

- The candidate will pick up an unloaded/cleared (no firing pin) weapon from the table.
- Point and hold the weapon within a nine (9) inch diameter metal ring and pull the trigger sixteen (16) times with their dominant hand.
- After completing the sixteen (16) pulls with the dominant hand, candidates will place the weapon in their non-dominant hand and pull an additional fifteen (15) times within the metal ring.
- While pulling the trigger, the candidate should have the barrel of the weapon inside the ring. The barrel is not allowed to touch the ring. If it does so once, a warning will be issued. If it does so a second time, the subject will be disqualified.
- The time stops with the 31st trigger pull. Once finished the candidate places the weapon on the table.