

## Physical Readiness Testing (PRT):

Applicants for the position of a police officer will be subject to the following physical examinations:

All applicants must complete the Physical Readiness Testing (PRT) consisting of a 2000 meter row. Those applicants who cannot pass the PRT will not be allowed to continue in the process. Applicants should be encouraged to put forth their best efforts and reminded that the application and selection process is competitive.

Physical endurance is a key component to being a successful law enforcement officer. This rowing test is designed to evaluate your body's ability to utilize oxygen. A 2000 meter row is approximately 1.25 mile in distance and is a challenging test. If you have not practiced on a rowing machine recently we highly recommend that you do so as soon as possible. **Do not underestimate this physical test.** Reflect on how long it takes you to strenuously run a mile and triple that feeling. Rowing will measure your endurance using both the horizontal and vertical planes as you will be pulling with your arms and pushing with your legs so it takes more energy than just running.

- To pass you must complete the test within the 50<sup>th</sup> percentile or above according to your age, gender and weight at the time of the test.
  - Once you start the exam you **will not** be able to stop rowing until you have completed the 2000 meters.
  - The damper setting must be set to 5 for this test, no higher or lower.
  - You must give 100% effort the entire time.
  - **Disqualification**
    - Stopping before the test is complete will result in disqualification from the hiring process.
    - Not meeting the minimum standard for your gender, age, and weight will result in disqualification from the hiring process.

Rowing technique is an essential part of completing the rowing test successfully. Please refer to Concept2's website to learn how to row, use proper rowing technique, and common errors. <http://www.concept2.com/indoor-rowers/training/technique-videos>. You can also research TABATA rowing programs to prepare for this test. You will increase your chances of a passing score if you spend a fair amount of time preparing for the test. Consult your physician prior to starting any strenuous physical exercise program.