



INDIANA LAW ENFORCEMENT ACADEMY

Functional Fitness Test Protocols

Entrance Standard (4:08) Exit Standard (3:58)

PRE-ASSESSMENT

- Recruits should have access to the instructional video explaining the test.
- Prior to the assessment, a test proctor should verbally explain the test along with the video and ask if there are any questions.
- Once testing begins, there is no coaching or further explanation by the test proctor.
- Recruits are responsible for their own warmups and stretching.

ENTRY

Entry Time – 4:08

- This is the passing score with or without penalties. There are no protocol violations, exceptions for penalties, or other reasons to provide a second attempt on the day of the entry assessment.
- Failure to meet the 4:08 results in being sent home. The recruit may return for another attempt in a future class.
- Entry scores will be accepted for attempts from 45 days prior until the first day of an academy class session.
- Entry attempts must be conducted at the academy where the recruit will enroll as a recruit
- Skipping a component of the test is a 15-second penalty. A recruit is disqualified and failed the test if two (2) components are skipped or not attempted.

TESTING AND PENALTIES

Start

- Recruits will wear a 15lb weighted vest throughout the course
- Any type of chair may be used for the initial staging
- Four (4) sets of mug shots/lineups will be created. The set used will be randomly drawn on the day of the test. All academies must use the same sets of pictures.
- The proctor will show the photo and count aloud from 5-1 and then start the time

Run

- Cones should be placed at the first and second corners of the gym to outline the run course. The third corner will be the cone used for the dummy drag and the fourth corner is the kettlebells. Failure to run around the corner markers results in a 2 second penalty each corner missed.
- During the shuttle run, the recruit must touch the middle cone, the kettlebell, and then the far cone. Failure to physically touch these results in a 2 second penalty each time.
- Recruits must pick up both kettlebells and carry them around the far cone, replacing them in the same position at the start. Failure to go around the cone or place the kettlebells back is each a 2 second penalty.

Hurdle

- Touching any part of the hurdle or knocking the hurdle over is a 2 second penalty.

Stairs

- Each pass across the stairs is a separate component for a total of three (3) components to the stair run. Failure to complete any pass is a 15 second penalty. If the stairs are bypassed in its entirety that equates to a test failure.
- Recruits may skip steps on the way up the stairs but should use every step on the way down. This is a safety measure and skipping steps will not be counted as a penalty.
- At least one foot must be on the ground/gym floor when the recruit places it. Marks will be placed on the floor for each cone.
- If a recruit drops a cone and does not pick it up, there is a 2 second penalty.
- After the third pass on the stairs, the recruit must recross the stairs and run around the end cone. Failure to go around the cone is a 2 second penalty.

Sprawl

-The recruit's chest must be on the floor with visible space between the hands and the floor during the sprawl. Arms do not have to be fully extended. Failure to clear the floor with hands is a 2 second penalty.

Crawl

-Recruits must use a controlled movement to crawl under the hurdle. Sliding is not allowed. Touching the hurdle with any part of the body is a 2 second penalty.

-Once the crawl is complete, the recruit must run around the end cone. Failure to do so is a 2 second penalty.

Broad Jump

-This is a running jump. If any part of the recruit's foot crosses the line at the start, this is a 2 second penalty. If any part of the recruit's foot lands inside the exit line, this is a 2 second penalty.

-If the recruit takes a step inside the broad jump area, this is considered skipping the component and is a 15 second penalty.

-After the jump, the recruit must run around the end cone. Failure to do so is a 2 second penalty.

Fence/Wall Climb

-At least one hand must be on top of the fence/wall when going over. Recruits may use any means available to get over the fence/wall as long as at least one hand is on top of the fence/wall.

-After the fence/wall is cleared, the recruit must run around the end cone. Failure to do so is a 2 second penalty.

Sprawl

-The recruit's chest must be on the floor with visible space between the hands and the floor during the sprawl. Arms do not have to be fully extended. Failure to clear the floor with hands is a 2 second penalty.

Dummy Drag

- The full dummy will split the midline of the course with the head facing the opposite direction of the cone it is being dragged toward.
- A rope or handle is to be provided on a 185lb dummy.
- Recruits must drag the dummy around the cone and back to its original position. At least half the dummy should be across the line at the finish.
- Touching the cone in any way is a 2 second penalty.

Dry Fire

- Any type of dry fire practice weapon may be used so long as it is done safely. The purpose of the drill is not marksmanship, but the ability to pull the trigger.
- Recruits must stand behind the line to fire the weapon.
- The firearm must be fully extended to ensure the proctor can assess trigger pull.
- Each trigger pull must be counted aloud and clearly audible to the proctor. A 2 second penalty is assessed for each number missed or not fired.
- The inability to shoot with one hand is a 15 second penalty for each hand missed and is skipping a component.

Photo Recall

- Time does not stop until the correct photo has been identified.

EXIT

Exit Time – 3:58

- As with the entry assessment, this is the passing score with or without penalties. There are no protocol violations or exceptions made for penalties.
- An exit assessment must be completed within two (2) weeks of the graduation date.
- Failure to obtain a passing score on the exit assessment requires a letter from the recruit's agency requesting a second attempt and approval from the director.
- A second failure results in dismissal from the academy. A third attempt can be conducted upon the approval from the LETB after receiving a request from the recruit's agency.