



**STATE OF WISCONSIN  
DEPARTMENT OF JUSTICE**

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**TO: Law Enforcement Academy Candidates  
RE: Physical Readiness Standards for Entrance into Preparatory Law Enforcement Officer Training**

The Wisconsin Department of Justice - Training and Standards Bureau, contracted with FitForce™, a national leader in Physical Readiness Solutions for Public Safety, to conduct a study to determine the physical tasks needed to perform the duties of an entry level law enforcement officer (patrol officer) in Wisconsin. FitForce™ translated the physical tasks into a Physical Readiness Test. An individual who can pass the Physical Readiness Test is considered able to perform the physical duties of a Wisconsin patrol officer.

We want to ensure that all candidates who complete preparatory law enforcement officer training are prepared on all fronts to be a patrol officer. Knowledge, skills, and physical ability are necessary to perform the duties of a patrol officer. Knowledge and skills are evaluated during preparatory training. Physical ability will be tested prior to entrance into a preparatory law enforcement officer training academy and again during Phase 3 of the academy. There are both entrance and exit standards for passing the Physical Readiness Test (see below).

<b>Physical Readiness Test</b>	<b>Entrance Standards</b>	<b>Exit Standards</b>
1.5 mile run	20:20 minutes	16:57
300m run	82 seconds	68 seconds
Push ups	18	23
Sit-ups	24	30
Vertical Jump	11.5 inches	14 inches
Agility Run	23.4 seconds	19.5 seconds

The Physical Readiness Test will be offered by Law Enforcement Standards Board certified preparatory law enforcement officer training academies. Candidates for preparatory law enforcement officer training shall be permitted to take the Physical Readiness Test as many times as necessary to pass the Entrance Standards for

admittance into preparatory training.

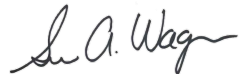
Candidates who pass the Physical Readiness Test Entrance Standards, and who are admitted to a preparatory law enforcement officer training academy, will have fitness sessions throughout the academy to prepare them to meet the Physical Readiness Test Exit Standards. It is also highly encouraged that students admitted into preparatory law enforcement officer training take additional time on their own to prepare to meet the Physical Readiness Test Exit Standards. Students who are unable to meet the Exit Standards will only be permitted one re-test of the entire Physical Readiness Test, and the Exit Standards must be met prior to beginning the final scenario evaluation.

We want all candidates to be able to meet the Physical Readiness standards, so please review the directions on how the Physical Readiness Test is administered. You will note that the directions include information on the Bench Press. Candidates are not required to meet the Bench Press standards unless requested by their academy.

It is ultimately up to every candidate to put in the work necessary to either maintain their fitness level or to improve their fitness level to meet the Physical Readiness Standards. Being prepared for the Physical Readiness Test, and having the ability to pass the Physical Readiness Test, will not only prepare candidates for the law enforcement profession, but will also assist candidates in the skills training they will receive during the academy, and will allow them to focus on learning the specific tactics and knowledge needed to be successful.

Best of luck to you!

Sincerely,



Division Administrator for DLES  
Wisconsin Department of Justice  
Training and Standards Bureau