

# FLORIDA DEPARTMENT OF LAW ENFORCEMENT

## SPECIAL AGENT PROTECTIVE OPERATIONS SECTION

### PHYSICAL AGILITY TEST REQUIREMENTS

(EFFECTIVE JULY 1, 2015)

All applicants must achieve the minimum requirement (see chart below) in each test in order to pass the overall process.

TEST	MINIMUM REQUIREMENT
3 Mile Run	27 Minutes
Push Ups Consecutively	20
Sit-ups, 1 Minute or Less	30
Swim	<ul style="list-style-type: none"><li>100 yards in a 5 - 8 ft. deep pool in BDU-type pants and t-shirt, but without shoes, physical assistance, stopping, touching, supporting, or time limit.</li><li>Retrieve an object from the bottom of a 5 – 8 ft. deep pool in BDU-type pants and t-shirt, but without any shoes, physical assistance, stopping, touching, supporting, or time limit.</li></ul>

**NOTE:** Eye protection is permitted, but not required.

#### **3 Mile Run (min:sec):**

Applicant runs a pre-established 3 mile course with a mandatory 5 minute cool down period immediately following the run.

#### **Push-ups:**

Maximum number of push-ups applicant can do; no time limit; resting in up position permitted; knees cannot touch the floor.

#### **Sit-ups:**

Maximum number of sit-ups applicant can do in one minute; resting is allowed in the up position without support of the applicant's arms.

***NOTE: It is recommended that applicants drink plenty of liquids and eat something prior to the physical agility testing.***