

Reclamation Manual

Directives and Standards

SECURITY RESPONSE FORCE PHYSICAL FITNESS TESTING REQUIREMENTS

1. The Bureau of Reclamation requires applicants for the armed proprietary guard position (also known as a Security Response Force (SRF) guard) and current armed proprietary guards to successfully complete a physical fitness test as part of the hiring process and annually as a condition of employment. All applicants and current proprietary guards are required to complete all 4 categories listed on page A2 and achieve a combined score of 100 points or higher.
 - A. The participant must achieve the minimum repetitions or time requirement in each category.
 - B. The participant has 2 minutes to complete the push-up category.
 - C. The participant has 2 minutes to complete the sit-up category.
 - D. The participant is afforded a 10-minute rest period between the testing of each category.
 - E. The 1.5-mile run will not be conducted inside Reclamation facilities.
 - F. A participant can utilize a treadmill to conduct the 1.5-mile run when:
 - (1) Snow or icy weather conditions make running outside unsafe ,
 - (2) for initial hiring or annual physical fitness test only, and
 - (3) with prior approval from the Protection Services Program Manager (PSPM).
 - G. The participant will start the 40-yard dash in the prone position.
 - H. All physical fitness tests will be administered or reviewed by SRF personnel who have completed the Federal Law Enforcement Training Center—Law Enforcement Fitness Coordinator Training Program.
 - I. The SRF Training Center (SRFTC) will conduct periodic site reviews of the physical fitness test for proprietary guards. Deviations of the standards set-forth by the SRFTC will be reported to the PSPM.
 - J. The PSPM may require SRFTC instructors to oversee or administer physical fitness tests at specific sites to ensure standardization of the process, procedures, and documentation.
 - K. The PSPM will be notified of all physical fitness failures.

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SRF Physical Fitness Scoring

Push-up			Sit-up			1.5-Mile Run			40-Yard Dash		
	Repetition	Points		Repetition	Points		Time	Points		Time	Points
Minimum	25-28	21	Minimum	25-28	19	Minimum	14:41-15:00	22	Minimum	8:51-9:00	25
	29-31	22		29-31	20		14:21-14:40	23		8:01-8:50	26
	32-34	23		34-34	21		14:01-14:20	24		7:51-8:00	27
	35-37	24		35-37	22		13:41-14:00	25		7:01-7:50	28
	38-40	25		38-40	23		13:21-13:40	26		6:76-7:00	29
	41-43	26		41-43	24		13:01-13:20	27		6:51-6:75	30
	44-46	27		44-46	25		12:46-13:00	28		6:26-6:50	31
	47-49	28		47-49	26		12:31-12:45	29		6:00-6:25	32
	50-51	29		50-51	27		12:16-12:30	30		5:99 & Below	33
	52-53	30		52-53	28		12:01-12:15	31			
	54-55	31		54-55	29		11:46-12:00	32			
	56-57	32		56-57	30		11:31-11:45	33			
	58-59	33		58-59	31		11:16-11:30	34			
	60-61	34		60-61	32		11:01-11:15	35			
	62-63	35		62-63	33		10:46-11:00	36			
	64-65	36		64-65	34		10:31-10:45	37			
	66-67	37		66-67	35		10:16-10:30	38			
	68-69	38		68-69	36		10:01-10:15	39			
	70	39		70	37		9:46-10:00	40			
	71	40		71	38		9:31-9:45	41			
	72	41		72	39		9:16-9:30	42			
	73	42		73	40		9:01-9:15	43			
	74	43		74	41		9:00 & Below	44			
	75+	44		75+	42						