

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:
 - (1) for initial hiring, or
 - (2) for annual physical fitness test if snow or icy weather conditions make running outside unsafe, or
 - (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.

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- 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						