

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 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) weather conditions make running outside unsafe (e.g., snow or ice),
 - (2) for initial hiring or annual physical fitness test only, and
 - (3) with prior approval from the Protection Services Program Manager (PSPM).
 - G. 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.
 - H. 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.
 - I. 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.
 - J. 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				
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								