



COUNTY OF BERGEN
DEPARTMENT OF PUBLIC SAFETY
LAW AND PUBLIC SAFETY INSTITUTE · POLICE, FIRE & EMS ACADEMIES
281 Campgaw Road · Mahwah, N.J. 07430

(201)785-6000 · Police FAX (201)785-6036 · Fire FAX (201)785-6036 · EMS Fax (201)785-6028

James J. Tedesco III
County Executive

Ralph Rivera Jr.
Director of Public Safety

Richard Blohm
Director of LPSI

Physical Agility Entrance Requirements for NJ Police Academies

The Police Academy Directors Association of New Jersey (PADA) and law enforcement executives, with the support of the New Jersey Police Training Commission (PTC), have spurred a new rule for recruits entering the academy. After years of surveys, studies and revisions, the PTC is in the process of finalizing the details for pre-entry physical agility test for all prospective candidates for basic recruit training classes in every police academy within the state.

The testing was part of a contract with IO Solutions of Illinois.

13:1-8.1 – Certification Required Prior to Acceptance of Trainees into a Basic Course

The recruits involved are those being considered for the following classes:

- Basic Course for Police Officer (including Alternate Route)
- Basic Course for Special Law Enforcement Officer Class II
- Basic Course for State Corrections Officers

- Basic Course for County Corrections Officers
- Basic Course for Investigators
- Basic Course for Parole Officers.

Physical Conditioning Entrance Tests

All tests are scored on a pass \ fail format and a trainee must successfully complete all five (5) components of the prescribed pre-admission physical fitness test. Any failure will result in the candidate's ineligibility into the class. The test is not gender specific.

The events and minimum scores to pass are:

- 1.5 mile run in 15:55 or less
- 300 meter run in 70.1 seconds or less
- Vertical jump of 15 inches or more
- 24 push-ups in 1 minute or less
- 28 sit-ups in 1 minute or less

Psychological Testing Mandated

Agencies that currently do not send their candidates for psychological testing should be aware that an additional provision of the proposed rule states that the pre-admission psychological and minimum physical fitness requirements cannot be waived, and specifies the psychological testing shall include a psychological examination by a licensed psychologist to determine whether or not the individual is psychologically fit to undergo basic training. The exam "shall include a written personality examination such as NEO-PI-R, the Inwald Personality Inventory, or such other functionally equivalent examination.