FEDERAL LAW ENFORCEMENT TRAINING CENTERS

PHYSICAL PERFORMANCE REQUIREMENTS (PPRs) CERTIFICATION

CENTER BASIC, CENTER INTEGRATED BASIC, CENTER ADVANCED, AGENCY SPECIFIC BASIC AND AGENCY ADVANCED TRAINING PROGRAMS

INSTRUCTIONS: Training programs are listed below along with specific PPRs that must be answered in order for the student to attend the specific training program. Students must answer all of the appropriate numbered PPRs for the program they are attending. If a student is unsure whether s/he can perform a particular PPR, then the student must answer whether s/he is physically capable of participating in training to perform the PPR. When medical documentation is available concerning a student's personal physical condition, the student will provide such documentation to the FLETC Health Unit medical staff. If the Health Unit medical staff determines that further examination and/or assessment is required in order for the student to participate in training, the student and/or the employing agency is responsible for all medical costs for such examinations. FLETC is not responsible for the additional exam and/or assessment.

FLETC TRAINING PROGRAMS (Glynco):	
FLETC CENTER BASIC:	**PPRs THAT MUST BE ANSWERED:**
Criminal Investigator Training Program (CITP)	Group A (all); Group B (1-21, 23, 30); Group C (1-6, 8); Group D (1-8); Group E (1-16, 19-20)
Land Management Police Training (LMPT)	Group A (all); Group B (1-21, 23, 30, 32-33, 34d); Group C (1-6, 8); Group D (all); Group E (1-16, 18, 20)
Uniformed Police Training Program (UPTP) ***Glynco & Artesia***	Group A (1-17); Group B (1-21, 23, 30, 34d); Group C (1-6, 8); Group D (1-8); Group E (6, 11-14, 18, 20)
FLETC CENTER INTEGRATED BASIC:	**PPRs THAT MUST BE ANSWERED:**
Customs and Border Protection Air and Marine Basic Training Program (CBP_AMBTP)	Group A (1-20); Group B (2-23, 27, 29a,c,d,e, 30, 32-33); Group C (1-6, 8,12,16, 18-21); Group D (1-8,11); Group E (1-20)
Customs and Border Protection Officer Basic Training Program (CBP_OBT)	Group A (all); Group B (2-23, 29a,c,d,e, 30, 32-33, 34d); Group C (2-4, 8); Group D (1-8); Group E (8-9, 11-14, 20)
Department of the Interior Investigator Training Program (DOI_ITP)	Group D (3, 4, 6-8); Group E (1, 5-7, 12, 16, 20)
ICE Enforcement and Removal Operations Basic Immigration and Enforcement Training Program (ICE_ERO-BIETP)	Group A (all); Group B (2-22,28,30,34a); Group C (1, 2, 4-8); Group D (1-4, 6, 8); Group E (1-15, 20)
United State Marshals Service Basic Deputy United States Marshals Integrated (USMS_BDUSMI)	Group A (1-16); Group B (1-21, 23, 30); Group C (1-6, 8); Group D (1-8); Group E (1-16, 19-20)
FLETC BASIC INSTRUCTOR PROGRAMS:	**PPRs THAT MUST BE ANSWERED:**
Firearms Instructor Training Program (FITP)	Group A (all); Group E (11, 12, 20)
Law Enforcement Control Tactics Instructor Training Program (LECTITP)	Group A (1, 3); Group B (1, 2a, 2c, 6-17); Group E (1-4, 9, 12-14, 20)
Law Enforcement Driver Instructor Training Program (LEDITP)	Group C (1, 2, 4-5, 7-8); Group D (8); Group E (8, 20)
Law Enforcement Fitness Coordinator Training Program (LEFCTP)	Group B (1-4); Group E (1-4, 12-13, 20)
FLETC CENTER ADVANCED:	
Counterterrorism	**PPRs THAT MUST BE ANSWERED:**
Protective Service Operations Training Program (PSOTP)	Group A (1-7, 11); Group B (5, 8, 10, 12, 14,18-20); Group C (1-5, 7-8,10,12); Group E (1-14, 16, 20)
Driving and Vehicles	**PPRs THAT MUST BE ANSWERED:**
Pursuit Termination Instructor Training Program (PTITP)	Group C (1, 2, 4-5, 7-8); Group D (8); Group E (8, 20)
Motorcade Operations Training Program (MOTP)	Group A (1, 4-5, 7, 9, 12-13, 18, 19); Group C (1-8); Group D (3, 8); Group E (1-6, 9, 13, 20)
Enforcement Operations	**PPRs THAT MUST BE ANSWERED:**
Active Shooter/Threat Instructor Training Program (ASTITP)	Group A (1, 3-6, 8-13, 17-18, 20); Group B (4-8); Group E (1-14, 18 -20)
Active Shooter/Threat Training Program (ASTTP)	Group A (1, 3-6, 8-13, 17-18, 20); Group B (4-8); Group E (1-14, 18-20)
Basic Tactics Instructor Training Program (BTITP)	Group A (3-9, 11-14, 16-20); Group B (4-7); Group D (3, 4, 6-8); Group E (1-4, 8-16, 18-20)
Use of Force Instructor Training Program (UOFITP)	Group A (2, 8, 10-11); Group B (6-10, 12-14); Group D (4); Group E (13, 20)
Use of Force Training Program (UOFTP)	Group A (2, 8, 10-11); Group B (6-10, 12-14); Group D (4); Group E (13, 20)
Firearms	**PPRs THAT MUST BE ANSWERED:**
Advanced Pistol Instructor Training Program (APITP)	Group A (1-11); Group E (11-12, 20)

Advanced Pistol Training Program (APTP)	Group A (1-11); Group E (11-12, 20)
Firearms Instructor Refresher Training Program (FIRTP)	Group A (1-11); Group E (11-12, 20)
Instructor Techniques for Non-lethal Training Ammunition Training Program (ITNTA)	Group A (1, 3-9, 11-12); Group E (1-4, 9-10,15-16, 20)
Maritime	**PPRs THAT MUST BE ANSWERED:**
Electronic Navigation Training Program (ENTP)	Group C (2-3, 9-12, 14, 16); Group E (18, 20)
Inland Boat Operator Training (IBOT)	Group C (2-3, 9-14); Group E (18, 20)
Marine Law Enforcement Training Program (MLETP)	Group C (2-3, 8-21); Group E (18, 20)
Physical Techniques	**PPRs THAT MUST BE ANSWERED:**
Basic Tactical Medical Instructor Training Program (BTMITP)	Group B (20, 30); Group E (2, 9, 13, 20)
Electronic Control Device Instructor Training Program (ECDITP)	Group A (8); Group B (2c; 6, 8, 14, 32-33); Group E (1-4, 9, 11-14, 18, 20)
Law Enforcement Control Tactics Refresher Training Program (LECTRTP)	Group B (2a, 2c, 6-17); Group E (20)
AGENCY SPECIFIC BASIC / AGENCY ADVANCED:	**PPRs THAT MUST BE ANSWERED:**
ATF Pre Basic (ATF_PB)	Group A (all); Group B (1-23, 32-34); Group C (1-6, 8); Group D (1-8); Group E (1-16, 19-20)
ATF Special Agent Basic Training (ATF_SABT)	Group A (all); Group B (1-20, 22, 23, 30, 32); Group C (1-6, 8); Group D (1-8, 11); Group E (1-16, 18-20)
Bureau of Prisons Witness Escort Training (BOP_WET)	Group C (1-5, 7-8, 10); Group E (20)
Customs and Border Protection Agriculture Specialist Basic Training (CBP_ASBT)	Group B (18, 20); Group E (6, 12, 13, 20)
Customs and Border Protection Custody & Management of Seized Property (CBP_CMSP)	Group A (1-7, 9, 11, 14-15); Group B (2a & c, 3a & b, 4-17, 21); Group C (1-5, 8); Group E (20)
Customs and Border Protection Driver Training Program (CBP_DTP)	Group C (1-6, 8); Group E (20)
Defense Criminal Investigative Service Deployment Readiness Program (DCIS_DRP)	Group A (1-3, 5, 7, 9, 13, 16-18, 20); Group B (2, 4-17, 20, 30); Group C (1-5, 7-8); Group D (1-2); Group E (20)
Defense Criminal Investigative Service Special Agent Refresher Training Program (DCIS_SARTP)	Group B (20, 30); Group C (1-5, 8), Group D (1-2); Group E (20)
Defense Criminal Investigative Service Special Agent Training Program (DCIS_SATP)	Group A (1-3, 5, 7, 13-18, 20); Group B (20, 30); Group D (1-2); Group E (20)
Defense Criminal Investigative Service_Use of Force Instructor Refresher Training Program (DCIS_UOFIRTP)	Group A (1-3, 5, 7, 13-18, 20); Group B (2, 4-20, 30); Group D (1, 2); Group E (20)
Department of Justice Office of the Inspector General In Service (DOJOIG_IS)	Group B (20, 30); Group C (1-5, 8); Group E (20)
Department of the Army Criminal Investigation Division Special Agent Basic Training (DACID_SABT)	Group A (1-7, 12); Group B (1-14, 22-23); Group D (7); Group E (1-18, 20)
Department of the Army Criminal Investigation Division Special Agent Refresher Training Program (DACID_SARTP)	Group A (1-7, 9, 12); Group B (2-17, 22-23); Group D (7); Group E (1-17, 20)
Environmental Protection Agency Environmental Investigations Basic (EPA_EIB)	Group A (all); Group B (1-15); Group C (2-7); Group E (6, 8-15, 19-20)
Federal Protective Service Criminal Investigator Pre-Basic (FPS_CIPB)	Group A (all); Group E (20)
Federal Protective Service Orientation Training Program (FPS_OTP)	Group A (all); Group E (20)
Fish and Wildlife, Office of Law Enforcement Special Agent Basic School (FWSL_SABS)	Group A (1-11, 13-16); Group B (2); Group C (1-6, 8); Group D (3-7); Group E (1-15, 20)
ICE ERO Deportation Officer Training Program (ICE_ERO-DOTP)	Group A (1-8, 10-11); Group B (2,4-17,21,23,32,34a); Group C (1, 2, 4-8); Group D (4, 6, 8); Group E (1-15, 20)
ICE HSI Homeland Security Investigations Special Agent Training (ICE_HSI-HSISAT)	Group A (all); Group B (2, 6, 7, 20, 23, 30); Group C (1-5, 8); Group D (2-8); Group E (1-16, 20)
ICE HSI Undercover Operatives School (ICE_HSI-UCOS)	Group C (1-5, 7, 8); Group E (20)
Internal Revenue Service Defensive Tactics Instructor Refresher Training Program (IRSC_DTIRT)	Group B (2-18); Group D (1-4); Group E (5, 11-14, 20)
Internal Revenue Service Special Agent Basic Training (IRSC_SABT)	Group A (1-7, 20-21); Group B (1a-f, 2a-c, 3a,b, 4-14); Group C (1-2, 4-5); Group D (8); Group E (8, 20)
National Marine Fisheries Service In-Service Training Program (NMFS_IS)	Group A (1-12); Group B (2, 4-6, 8-9, 11-21, 23); Group C (1-5, 8); Group D (1-4, 7-8); Group E (1-16, 20)
National Nuclear Security Administration Field Agent Training (NNSA_FAT)	Group C (1-4, 6); Group D (all); Group E (20)
National Park Service Ranger Specific Basic Training Program (NPS_RSBTP)	Group B (3, 7-21, 23, 30); Group E (20)
Naval Criminal Investigative Service Automatic Weapons Operator/Instructor Training Program (NCIS_AWOI)	Group A (all); Group E (11-14, 20)

Treasury Inspector General for Tax Administration Special Agent Basic Training (TIGTA_SABT)	Group A (All); Group E (20)
United States Army Criminal Investigative Division High Risk Operations Training Program (USACID_HROTP)	Group B (20, 30); Group C (1-5, 7-8, 10); Group E (20)
United States Capitol Police Advanced High Center of Gravity/Armored Vehicle (USCP_HCGAV)	Group C (1-5, 7-8, 10); Group E (20)
United States Marshals Service Federal Enforcement Officer Training Program (USMS_FEOTP)	Group A (all); Group B (2-23, 30, 32-34); Group C (1-6, 8); Group D (1-8, 11); Group E (1-16, 19-20)
United States Park Police Agency Specific Basic (USPP_ASB)	Group A (1-5, 7, 9, 13-18, 20); Group B (2a, 6, 8, 15-16, 34); Group C (1-5, 8); Group E (20)
USDA Animal & Plant Health Inspection Service-Safety Training Program (USDA_APHIS_STP)	Group B (3a, 8, 10-12, 14, 18-20, 23); Group C (1, 2b-e, 3-4, 8); Group E (20)
ARTESIA PROGRAMS:	
FLETC CENTER ADVANCED:	**PPRs THAT MUST BE ANSWERED:**
Officer Safety and Survival Training Program (OSSTP)	Group A (3, 5, 7, 9, 11); Group B (4, 20, 22, 30); Group C (3-4); Group D (3, 6, 8, 11); Group E (1-4, 6, 9-14, 16, 20)
AGENCY SPECIFIC BASIC / AGENCY ADVANCED:	**PPRs THAT MUST BE ANSWERED:**
BIA_Basic Police Officer Bridge Training Program (BIA_BPOB)	Group A (all); Group B (1-21, 23, 30); Group D (all); Group E (1-6, 9, 12-15, 20)
BIA_Indian Country Corrections Officer Training Program (BIA_ICCOTP)	Group B (1, 6-21); Group C (1-2, 4-5, 8, 12); Group E (5, 12, 14, 20)
BIA_Indian Country Criminal Investigations Training Program (BIA_ICCITP)	Group E (1-6, 12-15, 19-20)
BIA_Indian Country Firearms Instructor In-Service Training Program (BIA_ICFIITP)	Group A (all); Group C (6); Group E (11-12, 20)
BIA_Indian Country Police Officer Training Program (BIA_ICPOTP)	Group A (all); Group B (1-21, 23, 30); Group C (1-6, 8); Group D (all); Group E (1-16, 18, 20)
Transportation Security Administration In-Service Training Program (TSA_ISTP)	Group B (6-14); Group C (1-6, 8); Group E (1-4, 6, 9-10, 20)
United States Border Patrol Academy Training Program (USBPA)	Group A (all); Group B (1-15, 18-28); Group C (1-2, 4-8); Group D (6, 8); Group E (11-18, 20)
United States Border Patrol Processing Coordinator Training Program (USBP_PC) ***Artesia & Charleston***	Group A (1-11); Group B (2- 22,30); Group C (1, 2, 4, 5, 8, 12); Group D (3-4, 6-8, 11); Group E (1-16, 18-20)
United States Department of Agricultural Investigator Advanced Training Program (USDA_IATP)	Group B (6-14); Group E (1-4, 6, 9-10, 20)
CHARLESTON PROGRAMS:	
FLETC CENTER ADVANCED:	**PPRs THAT MUST BE ANSWERED:**
Handgun Optics Training Program (HOTP)	Group A (1-11); Group B (9,11,13); (Group E (20)
Maritime Tactical Operations Training Program (MTOTP)	Group A (3, 6, 7, 9,18); Group B (2c, 31); Group C (4, 9,10,12-13, 15-16); Group D (6, 8); Group E (1-4, 7, 9, 20)
Seaport Security Anti-Terrorism Training Program (SSATP)	Group C (12); Group E (7, 10, 20)
AGENCY SPECIFIC BASIC / AGENCY ADVANCED:	**PPRs THAT MUST BE ANSWERED:**
Food and Drug Administration Special Agent Training Program (FDA_SATP)	Group A (1-11, 13, 15); Group C (1-5, 7-8); Group D (1-3); Group E (all)
ICE ERO Detention and Removal Operations Field Operations Training Program (ICE_ERO-DFOTP)	Group A (1-9, 11-12, 20); Group B (6-10, 12-14, 24); Group C (1-6); Group D (4,8); Group E (1-10, 12-16, 20)
United Sates Coast Guard Maritime Enforcement Specialist Rating Apprenticeship Program (USCG_MEA_RAP)	Group A (1-20); Group C (4); Group E (8, 11-12, 14, 20)
United States Coast Guard Maritime Enforcement Specialist A School (USCG_MEA)	Group A (1-20); Group C (4); Group E (8, 11-12, 14, 20)
United States Courts Initial Probation & Pretrial Training Program (USC_IPPT)	Group A (1-9); Group B (6-14); Group C (1-5, 8); Group D (3, 11); Group E (1-4, 8-14, 20)
USCIS Fraud Detection and National Security Officer Basic Training Program (USCIS_FDNS_FOBTP)	Group B (8, 10, 12, 18-20); Group C (2, 4, 5, 8, 10, 12); Group E (20)
USCIS Fraud Detection and National Security Officer Protection Training Program (USCIS_FDNS_FOPTP)	Group B (8, 10, 12, 18-20); Group C (2, 4, 5, 8, 10, 12); Group E (20)
FLETC CENTER ADVANCED:	**PPRs THAT MUST BE ANSWERED:**
Advanced Instruction for Marksmanship (AIM)	Group A (1-7); Group E (1-4, 20)
In-service Driver Training (IDT)	Group C (1-8); Group E (1-4, 20)
Law Enforcement Rifle Training Program (LERTP)	Group A (1, 2, 8, 13, 16-20); Group E (11-12, 20)
Protective Detail Refresher Training Program (PDR)	Group A (1-4, 7, 9, 11, 16, 20); Group B (6, 8-9); Group C (1-5, 12); Group D (8); Group E (11, 20)
GENERAL TRAINING AND AGENCY SPECIFIC (not otherwise identified above)	**PPRs THAT MUST BE ANSWERED:**
For Purposes of General Health Screening	Group E (all)

Student Name: _____

Date of Birth: _____

FLETC Form 500-14-02 (10/2025)

PHYSICAL PERFORMANCE REQUIREMENTS (PPRs)

GROUP A (Firearms)

		Student		Health Unit	
		Yes	No	Yes	No
1	Stand for two hours.				
2	Hear range commands broadcast over a public address system while wearing double (inner & outer) hearing protection.				
3	Have hand and finger dexterity to safely and effectively load, unload and manipulate the handgun during normal lighting and/or reduced lighting conditions. If the weapon is a semi-automatic pistol, the student must have sufficient hand and wrist strength to prepare magazines and to manipulate the slide of the pistol during charging and clearing operations.				
4	Extract handgun from a tight fitting and/or stiff holster in one (1) second or less, hold handgun with both hands, arms extended in front of the body at eye level for up to 45 seconds. Must have adequate hand and wrist strength to manage the weapon during recoil with service ammunition.				
5	Able to pull the trigger of a handgun in double action mode (trigger pull of up to 12 pounds of pressure). Trigger is pulled using only the trigger finger of the dominant hand while holding the weapon with either the dominant hand only or both hands at arm's length.				
6	Able to pull the trigger of a handgun (trigger pull of up to 12 pounds of pressure) in double action mode while using the trigger finger of non-dominant hand.				
7	Kneel on one or two knee(s), with or without a barricade, holding a handgun with both hands, arms extended in front of body at eye level for up to 45 seconds. Must be able to rise unassisted, without using hands or any other objects to a standing/upright position and repeat multiple times in a 2-hour period.				
8	Able to assume fetal, prone, and supine firing positions while holding a handgun with both hands, strong, or support hand. Able to repeat this task at 20 second intervals and repeat multiple times in a 2-hour period.				
9	Move (no running and/or jogging) quickly for a distance of 20 yards at intervals. Must be able to conceal his/her body behind various items of cover, e.g., vehicle, mailbox.				
10	Possess sufficient night vision to distinguish between threat and non-threat targets up to 25 yards in reduced light conditions.				
11	The student possesses sufficient color vision that permits differentiation of primary colors (red, blue, yellow, orange) commonly used for safety purposes in the training environment.				
12	Have sufficient eyesight to clearly focus on the sights of a handgun held at arm's length. Corrective lenses are allowed. Must be able to visually discriminate between friend/foe targets at a distance of 25 yards.				
13	Have sufficient eyesight to clearly focus on the sights of a shouldered weapon. Corrective lenses are allowed. Must be able to visually discriminate between friend/foe targets at a distance of 25 yards.				

Student Name: _____

Date of Birth: _____

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		Student		Health Unit	
		Yes	No	Yes	No
14	Have sufficient eyesight to clearly focus on the sights of a shouldered weapon. Corrective lenses are allowed. Must be able to visually discriminate between friend/foe targets at a distance up to 50 yards.				
15	Load, unload, and manipulate an eight (8) pound shotgun safely and effectively. Must have hand and finger dexterity and adequate hand, arm, and wrist strength to manage the shotgun during recoil with 12-gauge ammunition.				
16	Hold an eight (8) pound shotgun firmly to shoulder and have sufficient hand strength to be able to operate the action properly.				
17	Kneel safely on one or two knees and shoulder the shotgun, rifle, and/or submachine gun then rise to a standing/upright position without using hands and/or any other objects to assist him/her. Able to repeat this task multiple times in a 2-hour period.				
18	Have sufficient hand and finger strength and dexterity to load and unload rifle or submachine gun magazines. Able to manipulate the weapon safely and effectively. Must have adequate hand, arm, and wrist strength to control the weapon during recoil with service ammunition.				
19	Hold a 7 to 14 pound rifle or submachine gun firmly to shoulder for 20-second intervals and repeat multiple times in a 2-hour period.				
20	Have sufficient strength/endurance to maintain a one-or-two-knee kneeling barricade position with a shouldered weapon for 20-second intervals and repeat multiple times in a 2-hour period.				
21	Able to assume kneeling, sitting, and prone firing positions, shoulder the weapon then rise to a standing/upright position without using hands and/or any other objects to assist him/her. Able to repeat this task multiple times in a 2-hour period.				

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GROUP B (Physical Techniques)

		Student		Health Unit	
		Yes	No	Yes	No
1	Participate in a physical performance test consisting of:				
	a. 1.5 mile run/walk				
	b. Maximum bench press.				
	c. Flexibility sit and reach test.				
	d. Agility - 30' Illinois agility test.				
	e. Body composition as determined by skin calipers.				
	f. Moderate callisthenic warm-up and cool down exercise.				
2	Participate in physical activities consisting of, but not limited to:				
	a. Running/jogging/walking short and long distances.				
	b. Weight training upper and lower body.				
	c. Moderate callisthenic warm-up and cool down exercises.				
3	Participate in frequent physical conditioning activities, 2 hours per session, 2 to 5 times per week, including:				
	a. Warm-up, cool down and stretching exercises.				
	b. Flexibility, calisthenics, weight training, jogging/running long distances, use of stationary exercise equipment, swimming, and rowing exercises.				
4	Run continuously for a period of 3 minutes.				
5	Walk continuously for two (2) hours.				
6	Have joint structures which are completely flexible and free of any abnormalities which can withstand force/pressure during simulated control techniques.				
7	Have sufficient strength and full range of motion of both arms and shoulders and the manipulative dexterity of the hands to properly handcuff and be handcuffed in the standing, kneeling, and prone positions; and to search and control a subject properly.				
8	Use rapid and coordinated body movements to control an adversary and/or defend against physical attacks.				
9	Participate fully, both offensively and defensively, in all course requirements (i.e., take downs, control techniques, and restraint applications).				
10	Effectively demonstrate various strikes, kicks, and blocks.				
11	Repeatedly fall from a standing position to a rubber matted floor.				
12	From a lying position, repeatedly get to an upright position quickly and deliver a variety of defensive kicks to a padded bag.				
13	Control an adversary physically during takedowns and all restraint techniques.				
14	Strike repeatedly a hand-held bag using feet, knees, hands and elbows for 20 seconds at a time.				

Student Name: _____

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		Student		Health Unit	
		Yes	No	Yes	No
15	Have the manipulative dexterity to properly utilize a collapsible baton and/or a riot baton.				
16	Move and strike with a riot baton and/or a collapsible baton from a closed and extended position.				
17	Participate and demonstrate the proper striking and control techniques during an officer and suspect confrontation utilizing the collapsible baton.				
18	Apply a sufficient amount of pressure to compress the chest of an adult training mannequin 2 inches in depth in order to produce life-sustaining support.				
19	Perform techniques to treat life-threatening injuries including exhaling repeatedly through the mouth to produce sufficient life-sustaining lung expansion on a training mannequin and techniques to control bleeding of a victim.				
20	Possess the manipulative dexterity to control external hemorrhaging through the application of various types of tourniquets, hemostatic agents, and pressure bandages to yourself or other individuals.				
21	Be able to withstand being sprayed with OC in the face from four (4) to eight (8) feet.				
22	Lift and carry at least 50 pounds unaided.				
23	Execute and or receive a series of punches to an opponent for three, thirty-second rounds.				
24	Participate in practice sessions and pass a final proficiency test on the USBP Confidence Course by negotiating a series of job-related obstacles within a required time limit. Some obstacles require:				
	a. Climbing a 7-foot slanted wall using a combination of upper and lower body strength.				
	b. Climb a combination vertical rope and ladder to a horizontal rope suspended 12' 6" above the ground. Traverse the horizontal rope 20 feet and then drop to the ground.				
	c. Jump a ditch measuring 6-feet wide and 12-inches deep.				
	d. Run/walk across a 30-foot long beam without falling off.				
	e. Jump/climb over two 4-foot high walls.				
	f. Cross a horizontal ladder suspended 8-feet above the ground.				
	g. Crawl through a simulated culvert.				
	h. Climb a 20-foot vertical ladder.				
25	Remain on the surface of the water for 20 minutes without the use of a personal flotation device.				
26	Remain on the surface of the water for 20 minutes using only personal clothing as a flotation device.				
27	Climb and drop from a 7-foot ladder suspended over the water. (Jacob's Ladder)				

Student Name: _____

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Student		Health Unit	
Yes	No	Yes	No

28 Complete an initial ICE, Physical Abilities Assessment (PAA) and pass a final PAA. The PAA is a practical exercise based on physical conditioning objectives.

a. Climb a 6-foot wall barrier.
b. Crawl through a simulated culvert 3-feet high by 8-feet long.
c. Crawl through a window 2-feet 6-inches wide by 2-feet high, 2-feet off the ground.
d. Run up and down a staircase containing nine steps.
e. Control and role a 170 pound mannequin from its back to chest.
f. Lift and drag a 170 pound mannequin 50-feet.

29 Complete two fitness progress indicators (base-line & mid-term) and successfully pass the CBP Fitness Graduation Standard (FGS). If unable to successfully pass the FGS, remedial attempts in the area(s) of failure will be conducted. The FGS is a practical exercise based on physical conditioning objectives:

a. Run 1.5 miles
b. Flexibility sit and reach test.
c. Perform traditional push-ups for 1 minute at maximal effort.
d. Sprint 220 yards at maximal speed.
e. Moderate callisthenic warm-up and cool down exercise.

30 Move a victim to safety by utilizing a drag, carry, or assisted walk.

31 Participants must be physically able to perform the following:

a. Tread water for 2 minutes fully clothed.
b. Swim 75 meters fully clothed.
c. Swim 100 meters in full tactical gear.
d. Perform 5 dead hang chin-ups.
e. Perform 5 dead hang pull ups.
f. Perform 32 push-ups.
g. Perform 38 sit-ups in under one minute.
h. Perform a 1.5 mile run in under 13:48 or a 400 meter swim in under 12 minutes.
i. Climb caving and embarkation ladder to 24 feet, hang and drop, while fully clothed.
j. Climb caving and embarkation ladder to 12 feet, hang and drop, while in full tactical gear.

Student Name: _____

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		Student		Health Unit	
		Yes	No	Yes	No
32	Have hand and finger dexterity to safely and effectively manipulate the ECD/ECW and exchange cartridges during normal lighting and/or reduced lighting conditions.				
33	Kneel on one or two knee(s) with or without a barricade, holding an ECD/ECW with one or both hands, arms extended in front of body at eye level for up to 45 seconds. Must be able to rise unassisted without using hands or any other objects in becoming upright and standing on one's feet and repeat multiple times in a 2-hour period.				
34	Participate in Crowd Control training consisting of, but not limited to:				
	a. Properly don, seal and wear a gas mask for up to 10 minutes at a time.				
	b. Tolerate CS exposure in a closed room.				
	c. Tolerate CS exposure in an open environment				
	d. Perform crowd intervention tactics and formations while wearing equipment and holding a shield in various positions.				

Student Name: _____

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GROUP C (Vehicles and Driving / Maritime)

		Student		Health Unit	
		Yes	No	Yes	No
1	Drive and/or remain seated in an automobile for four (4) hours.				
2	Meet all of the following physical attributes, and possess a valid State driver's license.				
	a. Full range of motion in limbs and trunk.				
	b. Average manual dexterity and hand-eye coordination.				
	c. Average strength for age and build.				
	d. Acceptable eyesight and hearing.				
	e. Normal vocal ability.				
3	Turn head from side to side and pivot body at trunk while raising right arm to shoulder level while seated.				
4	Enter and exit an automobile unassisted.				
5	Quickly manipulate the steering wheel, brake and accelerate pedals of a motor vehicle at slow, moderate, and high speeds.				
6	Execute car removal techniques from vehicles.				
7	Ability to withstand shock or sudden jolts caused by bumper to bumper or other vehicle to vehicle contact (PIT or Ramming class).				
8	Ability to wear safety helmet having weight of approximately 1 pound.				
9	Operate and/or occupy a vessel for periods of up to 8 hours, often in a standing position, while maneuvering in potentially rough and unstable environments.				
10	Sustain repeated shock loads to, and torsion strains of, the limbs and trunk. Additionally, the student should not have suffered recent back or neck problems or undergone recent surgery.				
11	Quickly manipulate the steering helm and throttle of a motor vessel at slow, moderate, and high speeds.				
12	Function in an environment which is prone to cause motion sickness. If prone to motion sickness, it must be controlled with medication or other accepted means.				
13	Board a suspect vessel from a law enforcement vessel in up to 6-foot seas and be able to inspect all compartments, spaces, and voids found on typical watercraft.				
14	Withstand the stresses induced by heat and humidity in confined spaces of a vessel for periods of up to 8 hours.				
15	Demonstrate the techniques of drown proofing for a period of 15 minutes in a pool environment.				
16	Demonstrate donning of personal flotation equipment and various survival swimming techniques.				
17	Perform various water rescue and lifesaving techniques in a pool environment.				
18	Deploy and board a life raft from the water or from a boat.				

Student Name: _____

Date of Birth: _____

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		Student		Health Unit	
		Yes	No	Yes	No
19	Climb a Jacob's ladder.				
20	Perform surface dives, standard surface swimming strokes and underwater swimming.				
21	Egress from a simulator while submerged in a pool at a depth of 12 feet.				

Student Name: _____

FLETC Form 500-14-02 (10/2025)

Date of Birth: _____

GROUP D (Enforcement Operations)

		Student		Health Unit	
		Yes	No	Yes	No
1	Possess the physical ability to move swiftly from a seated position to a position of cover and then to strategically maneuver inside commercial single aisle and wide-body aircraft.				
2	Control an adversary physically during takedowns and use all restraint techniques within the confines of single aisle and wide-body aircraft.				
3	Run or jog quickly for a distance of 20 yards at intervals. Must be able to conceal his/her body behind various items of cover (e.g., vehicle, mailbox).				
4	Enter/exit a motor vehicle quickly, handle a firearm, search a motor vehicle and an individual, and handcuff an individual.				
5	Execute car removal techniques.				
6	Crawl for a distance of 30 feet.				
7	Move furniture commonly found in residences/offices.				
8	Verbally communicate using two-way radio.				
9	Wearing full PPE (helmet and vest 35-40 lbs.), students will climb two sets of stairs unassisted and then descend to the bottom of the staircase unassisted within a five-minutes (Stairwell Test).				
10	Students will be required to board/de-board a Huey (or similar replica) unassisted wearing full PPE (30 - 45 lbs.); students will be required to move onto the platform independently and sit in a designated seat (Helicopter Boarding).				
11	Each student will be required to achieve the prone position and the kneeling position in order to hide behind cover of various sizes while moving unassisted and under simulated fire (React to Contact).				

Student Name: _____

Date of Birth: _____

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GROUP E (Generic)

		Student		Health Unit	
		Yes	No	Yes	No
1	Full range of motion in limbs and trunk.				
2	Average manual dexterity and hand-eye coordination.				
3	Average strength for age and build.				
4	Acceptable eyesight and hearing.				
5	Stand for one (1) hour.				
6	Stand for two (2) hours.				
7	Stand for three (3) hours.				
8	Stand for four (4) hours.				
9	Possess full range of motion in the neck, back, hips, arms and legs.				
10	Possess full range of motion in the neck, back, arms and legs with manipulative dexterity of the hands and feet to properly perform skills listed on PPRs.				
11	Possess normal night vision not impaired by dark glasses or medication.				
12	Bend, kneel, stretch, and climb for a period of five (5) minutes.				
13	Stand, stoop and bend unaided repeatedly during a two (2) hour period.				
14	Maintain squatting and/or kneeling position for 2-3 minutes repeatedly (10-15 times) throughout each two (2) hour session.				
15	Maintain a kneeling position for 15 minutes repeatedly (10-15 times) throughout each 2 hour session.				
16	Enter/exit a motor vehicle quickly, handle a firearm, search a motor vehicle and an individual, and handcuff an individual.				
17	Sufficient manual dexterity of hands and fingers to adequately draw a scale diagram in three hours or less.				
18	Must have passed the agency-specific hearing test.				
19	See and identify all colors -- cannot be color-blind.				
20	Withstand stresses induced by heat, humidity and cold.				

FEDERAL LAW ENFORCEMENT TRAINING CENTERS

PHYSICAL PERFORMANCE REQUIREMENTS (PPRs) CERTIFICATION

CENTER BASIC, CENTER INTEGRATED BASIC, CENTER ADVANCED, AGENCY SPECIFIC BASIC AND AGENCY ADVANCED TRAINING PROGRAMS

INSTRUCTIONS: *FLETC training programs are listed below along with specific PPRs that must be answered in order for the student to attend the specific training program. Students must answer all of the appropriate numbered PPRs for the program they are attending. If a student is unsure whether s/he can perform a particular PPR, then the student must answer whether s/he is physically capable of participating in training to perform the PPR. When medical documentation is available concerning a student's personal physical condition, the student will provide such documentation to the FLETC Health Unit medical staff. If the Health Unit medical staff determines that further examination and/or assessment is required in order for the student to participate in training, the student and/or the employing agency is responsible for all medical costs for such examinations. FLETC is not responsible for the additional exam and/or assessment.*

I, _____
Print Name

hereby state that all of the information set forth in the following pages is true and accurate as of the date of my signature. I further acknowledge that if any of the statements set forth are proven to be knowingly false, I will be removed from training on the basis of my knowing false statement and I will not be permitted to return to attend any training at any Federal Law Enforcement Training Centers facility. Additionally, any knowing false statements will be shared by the FLETC with my employer, and may be used as the basis for disciplinary action, up to and including termination of employment by my employer.

_____ _____
Signature Date

Date Received by FLETC Health Unit: _____

Reviewed with student by: _____ _____
(Print Name & Title) Signature & Date