

**FEDERAL LAW ENFORCEMENT TRAINING CENTER  
PRACTICAL EXERCISE PERFORMANCE REQUIREMENTS 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 PEPRs that must be answered in order for the student to attend the specific training program. Students must answer all of the appropriate numbered PEPRs for the program that they are attending. If a student is unsure whether s/he can perform a particular PEPR, then the student must answer whether s/he is physically capable of participating in training to perform the PEPR. 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 PROGRAM:**

Bureau of Indian Affairs Basic Corrections Officer Training Program (BCOTP)  
Bureau of Indian Affairs Basic Juvenile Corrections Officer Training Program (BJCOTP)  
Bureau of Indian Affairs Basic Police Officer Training Program (BPOTP)  
Criminal Investigator Training Program (CITP)  
Customs and Border Protection Integrated Training Program (CBPI)  
Customs and Border Protection Basic Admissibility Secondary Processing (BASP)  
Customs and Border Protection Basic Enforcement Officer Training Program (BEOT)  
Environmental Protection Agency Special Agent Training Program (EPA\_SATP)  
Federal Air Marshal Training Program (FAMTP)  
Federal Protective Service Pre-Basic and Post-Basic Training Programs (FPS)  
Immigration and Customs Enforcement Detention Integrated (ICE\_D)  
Immigration and Customs Enforcement Basic Intelligence Training Program (ICEBIT)  
Land Management Police Training Program (LMPT)  
Transportation Security Administration Training Program (TSATP)  
Uniformed Police Training Program (UPTP)  
United States Border Patrol Integrated Training Program (USBPI)  
United States Courts Initial Probation & Pretrial Training Program (USC\_IPPT)  
United States Marshals Service Advanced Detention Enforcement Officer (USMS\_ADDEO)

**PEPRs THAT MUST BE ANSWERED:**

Group B (2,3, 6-10, 13-18,); Group C ( 1, 4-8); Group E (9&11)  
Group B (2,3, 6-10, 13-18,); Group C ( 1, 4-8); Group E (9&11)  
Group A (1-17); Group B (1, 2, 6-9, 13-18); Group C (1, 4-8); Group E (9&11)  
Group A (1-17); Group B ( 1-13, 15-22, 24); Group C (1-7); Group D (3-7); Group E (1-16)  
Group A (1-17); Group B (1-23); Group C (4); Group D (8); Group E (8, 9, 11-15)  
Group A (1-9, 12); Group B (2-14); Group D (6); Group E (6,7,11-13)  
Group A (1-17); Group B (1-14); Group D (6); Group E (6,7,11-13)  
Group A (all); Group B (1-13, 19-21); Group C (2-7); Group E (6, 8-15, 19)  
Group A (1-12, 20); Group B ( 2, 6-9); Group D (1-3); Group E (14)  
Group A (all); Group B (1-13, 15-23, 25); Group C (1-7); Group D (3-8); Group E (1-9, 11-15)  
Group A (all); Group B (1-22, 24); Group C (1,2,4-7); Group D (1-4, 6,8); Group E (1-16)  
Group B (2,3); Group E (1-6, 8, 12-14)  
Group A (all); Group B (1-18, 22-24); Group C (1-7); Group D (all); Group E (1-17, 19)  
Group A (1-8, 12-17); Group B (1,2,6-13, 19-21); Group C (4-7); Group E (11,14)  
Group A(1-17);Group B(1-13,15,18-25);Group C(1-7);Group D(3-8);Group E(6,11-15,19)  
Group A (all); Group B (1,2, 3-15, 18-29); Group C (2, 4-7); Group D (6,8); Group E (11-19)  
Group A (1-10); Group B (6-14, 22); Group C (1-7); Group E (11)  
Group A (all)

**FAD - CENTER ADVANCED**

- Firearms Instructor Multiple Weapons Training Program (FIMWTP)
- Firearms Instructor Refresher Training Program (FIRTP)
- Firearms Instructor Training Program (FITP)
- Law Enforcement Rifle Training Program (LERTP)
- Precision Rifle Observer Training Program (PROP)
- Reactive Shooting Instructor Training Program (RSITP)
- Submachine Gun Instructor Training Program (SMGITP)
- Survival Shooting Training Program (SSTP)
- Instructor Techniques for Non-lethal Training Ammunition Training Program (ITNTA)

**PTD - CENTER ADVANCED**

- Law Enforcement Control Tactics Instructor Training Program (LECTITP)
- Law Enforcement Control Tactics Refresher Training Program (LECTIRTP)
- Physical Fitness Coordinator Training Program (PFCTP)
- Physical Fitness Coordinator Refresher Training Program (PFCRTP)
- Tactical Flying Armed Training Program (TFATP)

**DMD - CENTER ADVANCED**

- Marine Law Enforcement Training Program (MLETP)
- Inland Boat Operator Training (IBOT)
- Advanced Vehicle Stops Training Program (AVSTP)
- Driver Instructor Training Program (DITP)
- Advanced Driver Instructor Training Program (ADITP)
- Vehicle Ambush Countermeasures Training Program (VACTP)
- Boat Operators Training Program (BOAT)

**PEPRs THAT MUST BE ANSWERED:**

- Group A (all); Group C (6); Group E (11 & 13)
- Group A (1-12); Group C (6); Group E (11,13)
- Group A (all); Group C (6); Group E (11,13)
- Group A (1,2,9,13,14,17-21); Group E (11,13)
- Group A (1,2,9,13,14, 17-21); Group E (11,13)
- Group A (1-12); Group E (11,13)
- Group A (1,2,9,13,14, 17-21), Group E (11,13)
- Group A (all); Group C (6); Group E (11,13)
- Group A (1-3, 8,12); Group B (2, 8); Group C(5); Group D (3,4,8); Group E (1-4,16)

**PEPRs THAT MUST BE ANSWERED:**

- Group A (1,3); Group B (1, 2a&c, 3-18, 22, 25); Group D (3); Group E (11,13, 14)
- Group B (1-18, 25); Group D (3,4); Group E (11-14)
- Group B (1-4, 19-21); Group D (3); Group E (5,13-15)
- Group B ( 1-4,19-21); Group D (3&4); Group E (5,13-15)
- Group B (2, 6-15, 18, 25); Group D (2,3); Group E (5, 11-14)

**PEPRs THAT MUST BE ANSWERED:**

- Group C (4, 5, 9-20) Group E (19)
- Group C (4, 5, 9-20) Group E (19)
- Group A (2-9); Group C (1-6); Group D (4, 8); Group E ( 5, 8)
- Group C (1,2,4-7); Group D (8); Group E (8)
- Group C (1,2,4-7); Group D (8); Group E (8)
- Group C (1,2,4-7); Group D (8); Group E (8)
- Group C (4, 5, 9-20) Group E (19)

**CTD - CENTER ADVANCED**

- Active Shooter/Threat Instructor Training Program (ASTITP)
- Active Shooter/Threat Training Program (ASTTP)
- Commercial Vehicle Antiterrorism Training Program (CVAITP)
- Critical Incident Response Training Program (CIRTP)
- Fundamentals of Terrorism Training Program (FOTTP)
- Law Enforcement Weapons of Mass Destruction Operations Training (LEWTP-1)
- Law Enforcement Weapons of Mass Destruction Technician Training (LEWTP-2)
- Suicide/Homicide Bomber Threat Mitigation Training Program (SHBMTP)

**EOD - CENTER ADVANCED**

- Use of Force Instructor Training Program (UOFITP)

**CHARLESTON PROGRAMS**

- Commercial Vessel Boarding Training Program (CVBTP)
- Seaport Security Anti-Terrorism Training Program (SSATP)

**GENERAL TRAINING AND AGENCY SPECIFIC (not otherwise identified above)**

- For Purposes of General Health Screening

**PEPRs THAT MUST BE ANSWERED:**

- Group A (all); Group B(1-9,13-18,23,24); Group C(4-7); Group D(1,2,6-8); Group E (6,7,11-19)
- Group A (all); Group B(1-9,13-18,23,24); Group C(4-7); Group D(1,2,6-8); Group E (6,7,11-19)
- Group A (all); Group B(1-9,13-18,23,24); Group C(4-7); Group D(1,2,6-8); Group E (6,7,11-19)
- Group A (all); Group B(1-9,13-18,23,24); Group C(4-7); Group D(1,2,6-8); Group E (6,7,11-19)
- Group C (4); Group E (11,18,19)
- Group A (9); Group B(2,4-6,23,24); Group C(1,2,4-6,); Group D(6-8); Group E(6,7,11-13)
- Group A (1-4,10,12,18-21); Group B(2,5-9,24); Group C(1,4-7); Group D(7&8); Group E(6, 7,11-13)
- Group A (1-6,8,10,12); Group B (6-10,13); Group C (6,8); Group D (4,8); Group E (11,18,19)

**PEPRs THAT MUST BE ANSWERED:**

- Group A (1-12); Group B (6-10,12-15,18,25); Group C (4-6); Group D (4); Group E (13)

**PEPRs THAT MUST BE ANSWERED:**

- Group C (4, 12-16, 18, 19); Group D (6-8); Group E (5,7,12,13)
- Group C (4, 12-16, 18, 19); Group D (6-8); Group E (5,7,12,13)

**PEPRs THAT MUST BE ANSWERED:**

- Group E (all)

**PRACTICAL EXERCISE PERFORMANCE REQUIREMENTS FOR FLETC TRAINING PROGRAMS**

Student Name: \_\_\_\_\_

**GROUP A (FAD)**

- 1 Stand for two hours.
- 2 Hear range commands broadcast over a public address system while wearing 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 load magazines and to manipulate the slide of the pistol during charging and
- 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 control the weapon during recoil with service ammunition.
- 5 Able to pull the trigger of a handgun in double action mode (approximately 14-15 pounds of pressure) 2 times in 4 seconds for a total of 54 trigger pulls in 2 minutes. Trigger is pulled using only the trigger finger of the dominant hand while holding the weapon with either the dominant hand only or in both hands at arm's length.
- 6 Pull the trigger of a handgun in double action mode (approximately 14-15 pounds of pressure) 3 times in 3 seconds for a total of 54 trigger pulls in 2 minutes. Trigger is pulled using only the trigger finger of the dominant hand while holding the weapon with either the dominant hand only or in both hands at arm's length.
- 7 Able to pull the trigger of a handgun (which has a trigger pull of 14-15 pound pressure) in double action mode six times in six seconds while using the trigger finger of the non-dominant hand.
- 8 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 in becoming upright and standing on one's feet and repeat multiple times in a 2-hour period.
- 9 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.

| Student |    | Health Unit |    |
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| Yes     | No | Yes         | No |
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|    |  | Student |    | Health Unit |    |
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|    |  | Yes     | No | Yes         | No |
| 10 | Possess sufficient night vision to distinguish between targets at 45 feet.   |         |    |             |    |
| 11 | See and identify all colors -- cannot be color-blind.  |         |    |             |    |
| 12 | Have sufficient eyesight to be able to clearly focus on the sights of the 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 be able 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.  |         |    |             |    |
| 14 | Have sufficient eyesight to be able 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 distances up to 50 yards.  |         |    |             |    |
| 15 | Load, unload, and manipulate a seven (7) pound shotgun safely and effectively. Must have hand and finger dexterity and adequate hand, arm, and wrist strength to control the shotgun during recoil with 12-gauge ammunition.   |         |    |             |    |
| 16 | Hold a seven (7) pound shotgun firmly to shoulder and have sufficient hand strength to be able to operate the slide action properly.   |         |    |             |    |
| 17 | Kneel safely on one or two knee(s) and shoulder the shotgun, rifle and/or submachine gun and rise again without using hands or any other object to assist him/her in becoming upright and standing on one's feet and repeat multiple times in a 2-hour period.                             |         |    |             |    |
| 18 | Have sufficient hand and finger strength and dexterity to load and unload both the magazines and rifle or submachine gun and 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 9- 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 up to 30 minutes.   |         |    |             |    |
| 21 | Able to assume kneeling, sitting and prone firing positions, shoulder the weapon and rise up off the ground without using hands or any other object to assist him/her in becoming upright and standing on one's feet. Must be able to repeat multiple times in a 2-hour period.            |         |    |             |    |

## **GROUP B (PTD)**

- 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' maze course.
  - 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
  - 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 non-lethal 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.

| Student |    | Health Unit |    |
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| Yes     | No | Yes         | No |

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|   | Student |    | Health Unit |    |
|---|---------|----|-------------|----|
|   | Yes     | No | Yes         | No |
| 9 Participate fully, both offensively and defensively, in all course requirements (i.e., throws, being thrown, take downs, and restraint applications.)           |         |    |             |    |
| 10 Effectively demonstrate various strikes, kicks, and blocks utilizing 100% of one's ability.  |         |    |             |    |
| 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.  |         |    |             |    |
| 15 Have the manipulative dexterity to properly utilize a collapsible baton.   |         |    |             |    |
| 16 Perform come-along and takedown techniques with a baton.   |         |    |             |    |
| 17 Block, spin and strike with a baton from a basic and long-extended position.   |         |    |             |    |
| 18 Participate and demonstrate the proper striking, blocking, and control techniques during an officer and suspect confrontation utilizing the collapsible baton. |         |    |             |    |
| 19 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.      |         |    |             |    |
| 20 Exhale repeatedly through the mouth to produce sufficient life-sustaining lung expansion on a training mannequin.  |         |    |             |    |
| 21 Roll an unconscious person on his/her back and then administer abdominal thrusts.  |         |    |             |    |
| 22 Be able to withstand being sprayed with OC in the face from six (6) feet.  |         |    |             |    |
| 23 Lift and move 40-pound boxes repeatedly for up to two hours at a time.   |         |    |             |    |
| 24 Lift and carry at least 50 pounds unaided.   |         |    |             |    |

|    | Student   |    | Health Unit |    |
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|    | Yes   | No | Yes         | No |
| 25 | Execute and or receive a series of punches to an opponent for three, thirty-second rounds.  |    |             |    |
| 26 | 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.   |    |             |    |
| 27 | Remain on the surface of the water for 20 minutes without the use of a personal flotation device.   |    |             |    |
| 28 | Remain on the surface of the water for 20 minutes using only personal clothing as a flotation device.   |    |             |    |
| 29 | Climb and drop from a 7-foot ladder suspended over the water. (Jacob's Ladder)  |    |             |    |



- 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.
- 19 Climb a Jacob's ladder.
- 20 Perform surface dives, standard surface swimming strokes and underwater swimming.
- 21 Sufficient manual dexterity of hands and fingers to adequately draw a scale diagram in three hours or less.

| Student |    | Health Unit |    |
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| Yes     | No | Yes         | No |
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## **GROUP D (Tactics)**

- 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.

| Student |    | Health Unit |    |
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| Yes     | No | Yes         | No |
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I, \_\_\_\_\_ hereby state that all of the information set forth in the preceding pages is true and accurate as of  
(Print Name)  
the date of my signature. I further acknowledge that if any of the statements set forth above 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 Center 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.

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature

\_\_\_\_\_

Date Received by FLETC Health Unit: \_\_\_\_\_

Reviewed with student by: \_\_\_\_\_  
(Print Name & Title)

\_\_\_\_\_  
Signature & Date