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 that 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):	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)
Customs and Border Protection Air and Marine Basic Training Program (CBP_AMBTP)	Group A (1-12,15-21); Group B (1-23, 25-27, 29, 30; 32-33); Group C (1-6, 8, 9, 11, 12, 14-21); Group D (1-8); Group E (1-19)
Customs and Border Protection Officer Basic Training Program (CBP_OBT)	Group A (all); Group B (2-23, 29-30; 32-33); Group C (2-4, 8); Group D (1-8); Group E (8, 9, 11-14)
Defense Criminal Investigative Service Deployment Readiness Refresher Program (DCIS_DRRP)	Group C (2-8, 10, 12); Group E (1-4, 8-10, 12-18)
Defense Criminal Investigative Service Special Agent Refresher Training Program (DCIS_SARTP)	Group B (2, 4-17); Group C (1-5, 8), Group D (1-2)
Department of the Interior Investigator Training Program (DOI_ITP)	Group D (3, 4, 6-8); Group E (1, 5-7, 12, 16)
Environmental Protection Agency Environmental Investigations Basic (EPA_EIB)	Group A (all); Group B (1-13, 19-21); Group C (2-7); Group E (6, 8-15, 19)
Federal Protective Service Criminal Investigator Pre-Basic (FPS_CIPB)	Group A (all)
Federal Protective Service Orientation Training Program (FPS_OTP)	Group A (all)
Fish and Wildlife, Office of Law Enforcement Special Agent Basic School (FWSL_SABS)	Group A (1-11, 13-16); Group B (1-14, 15-21, 23); Group C (1-6, 8); Group D (3-7); Group E (1-15)
Immigration and Customs Enforcement Basic Immigration and Enforcement Training Program (ICE_BIETP)	Group A (all); Group B (2-21, 23, 28, 30); Group C (1, 2, 4-8); Group D (1-4, 6, 8); Group E (1-15)
Immigration and Customs Enforcement Basic Intelligence Training Program (ICE_BIT)	Group B (2, 3); Group E (1-6, 8, 12-14)
Immigration and Customs Enforcement Homeland Security Investigations Special Agent Training (ICE_HSISAT)	Group A (all); Group B (1-14, 15-21, 23); Group C (1-5, 8); Group D (3-8); Group E (1-15)
Inspector General Investigator Training Program (IG_ITP)	Group A (1-11, 13, 15); Group B (6-18, 23); Group C (4-8); Group D (3-7); Group E (1-15)
Internal Revenue Service Defensive Tactics Instructor Refresher Training Program (IRSC_DTIRT)	Group B (2-18, 24); Group D (1-4); Group E (5, 11-14)
Land Management Police Training Program (LMPT)	Group A (all); Group B (1-21, 23, 30); Group C (1-6, 8); Group D (all); Group E (1-16, 18)
National Marine Fisheries Service In-Service Training Program (NMFS_IS)	Group A (1-12); Group B (1, 6-18); Group C (1, 4, 6-7, 9, 10, 12-14); Group D (1-4, 7-8); Group E (1-16)
National Park Service Lateral Hire Assessment Program (NPS_LHAP)	Group A (all); Group B (1-15, 17-21, 23); Group C (1-6, 8); Group D (all); Group E (1-16, 18)
National Park Service Ranger Pre-Basic Training Program (NPS_RPBTP)	Group B (1-15, 17-21, 23)
Naval Criminal Investigative Service Automatic Weapons Operator/Instructor Training Program (NCIS_AWOI)	Group A (all); Group C (6); Group D (3-4); Group E (11-14)
Naval Criminal Investigative Service High Risk Operations Training Program (NCIS_HROTP)	Group A (all); Group B (2a, 3b, 4-5, 7-8, 23, 25b, 25f-h); Group C (1-5, 7-8, 10, 14-17); Group D (3-4, 6-8); Group E (all)
Naval Criminal Investigative Service Protective Security Operations Training Program (NCIS_PSOTP)	Group A (1-7, 10-11); Group B (8); Group C (1-5, 7-8); Group D (3-4); Group E (1-2, 5-10, 12, 17)
Naval Criminal Investigative Service Reserve Master-at-Arms Basic Training Program (NCIS_RMABT)	Group E (1-4, 8, 9, 11-13, 15-18)
National Nuclear Security Administration Basic Training (NNSA_BT)	Group C 1-8; Group D (all)
National Nuclear Security Administration Field Agent Training (NNSA_FAT)	Group C 1-4, 6; Group D (all)
Uniformed Police Training Program (UPTP)	Group A (1-17); Group B (1-21, 23, 30); Group C (1-6, 8); Group D (1-8); Group E (6,11-14,18)
United States Marshals Service Advanced Detention Enforcement Officer (USMS_ADDEO)	Group A (all)
FLETC BASIC INSTRUCTOR PROGRAMS:	
Firearms Instructor Training Program (FITP)	Group A (all); Group C (6); Group E (11, 12)
Law Enforcement Control Tactics Instructor Training Program (LECTITP)	Group A (1, 3); Group B (1, 2a, 2c, 3-17, 21); Group E (1-4, 9, 12-14)
Law Enforcement Driver Instructor Training Program (LEDITP)	Group C (1, 2, 4-5, 7-8); Group D (8); Group E (8)
Law Enforcement Fitness Coordinator Training Program (LEFCTP)	Group B (1-4, 19-20); Group E (1-6, 9, 12-15)

FLETC TRAINING DELIVERY POINTS:	
ARTESIA PROGRAMS:	**PPRs THAT MUST BE ANSWERED:**
Bureau of Indian Affairs Basic Corrections Officer Training Program (BCOTP)	Group B (6-21, 24); Group C (2, 4-6, 8, 12); Group E (5, 12, 14)
Bureau of Land Management In-Service Training Program (BLM_ISTP)	Group A (all); Group B (1-15, 17, 18); Group E (1-10, 13-15)
Federal Air Marshal Training Program (FAMTP)	Group A (1-11, 19); Group B (2, 6-9); Group D (1-3); Group E (13)
Law Enforcement Spanish Immersion Training Program (LESITP)	Group C (2, 4, 6); Group E (16)
Pistol Skills Enhancement Training Program (PSETP)	Group A (all); Group E (all)
Rural Police Officer Training Program (RPOTP)	Group A (all); Group B (1-21, 23, 30); Group C (1-6, 8); Group D (all); Group E (1-16, 18)
Transportation Security Administration In-Service Training Program (TSA_ISTP)	Group B (6-14); Group C (1-6); Group E (1-4, 6, 9, 10)
United States Border Patrol Integrated Training Program (USBPI)	Group A (all); Group B (1, 2, 3-15, 18-28); Group C (2, 4-7); Group D (6, 8); Group E (11-18)
U.S. Department of Agricultural Investigator Advanced Training Program (USDA_IATP)	Group B (6-14); Group E (1-4, 6, 9, 10)
U.S. Department of Agricultural Safety Training Program (USDA_STP)	Group B (6-14); Group C (1-6); Group E (1-4, 6, 9, 10)
CHARLESTON PROGRAMS:	**PPRs THAT MUST BE ANSWERED:**
Commercial Vessel Boarding Training Program (CVBTP)	Group C (12-16, 18-20); Group D (3, 6-8); Group E (1-4, 14)
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 Detention and Removal Operations, Field Operations Training Program (ICE_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)
Maritime Tactical Operations Training Program (MTOTP)	Group A (3, 6, 7, 18); Group B (2c, 31-32); Group C (4, 12-16); Group D (6, 8); Group E (1-4, 7, 9)
Naval Criminal Investigative Service Maritime Liaison Agent Training Program (NCIS_MLATP)	Group B (26-28); Group C (12-14, 17, 19); Group E (8)
Seaport Security Anti-Terrorism Training Program (SSATP)	Group C (12); Group E (7, 10)
United States Coast Guard Integrated Cross-Border Maritime Law Enforcement Operations (USCG_IMCLEO)	Group A (1); Group B (2-3, 26-27); Group C (15-20)
United States Coast Guard Maritime Enforcement Specialist A School (USCG_MEA)	Group A (1-5-21); Group C (4), Group E (8, 11-12, 14)
United States Courts Initial Probation & Pretrial Training Program (USC_IPPT)	Group A (1-9); Group B (6-14); Group C (1-5, 7-8); Group E (8, 11)
CHELTENHAM PROGRAMS:	**PPRs THAT MUST BE ANSWERED:**
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)
GENERAL TRAINING AND AGENCY SPECIFIC (not otherwise identified above)	**PPRs THAT MUST BE ANSWERED:**
For Purposes of General Health Screening	Group E (all)
FLETC CENTER ADVANCED:	
Counterterrorism	**PPRs THAT MUST BE ANSWERED:**
Commercial Vehicle Counterterrorism Training Program (CVCTP)	Group C (4); Group E (1-12, 16-19)
Protective Service Operations Training Program (PSOTP)	Group A (1-7, 10-11); Group B (5, 8, 10, 12, 14,18-20); Group C (1-5, 7, 8,10,12); Group E (1-14, 16)
Driving and Vehicles	**PPRs THAT MUST BE ANSWERED:**
Law Enforcement Advanced Driver Instructor Training Program (LEADITP)	Group C (1, 2, 4-5, 7-8); Group D (8); Group E (8)
Vehicle Ambush Countermeasures Training Program (VACTP)	Group C (1, 2, 4-5, 7-8); Group D (8); Group E (8)

Enforcement Operations	**PPRs THAT MUST BE ANSWERED:**
Active Shooter/Threat Instructor Training Program (ASTITP)	Group A (3-4, 6-14, 16-20); Group B (4-8, 14, 23); Group D (1, 2, 6-8); Group E (1-4, 9-16, 18-19)
Active Shooter/Threat Training Program (ASTTP)	Group A (3-4, 6-14, 16-20); Group B (4-8, 14, 23); Group D (1, 2, 6-8); Group E (1-4, 9-16, 18-19)
Basic Tactics Instructor Training Program (BTITP)	Group A (3-9, 11-14, 16-20); Group B (4-7, 23); Group D (1-4, 6-8); Group E (1-4, 9-16, 18-19)
Use of Force Instructor Training Program (UOFITP)	Group A (1-11); Group B (6-10, 12-15, 18, 24); Group C (4-6); Group D (4); Group E (13)
Firearms	**PPRs THAT MUST BE ANSWERED:**
Firearms Instructor Refresher Training Program (FIRTP)	Group A (1-11); Group C (6); Group E (11-12)
Instructor Techniques for Non-lethal Training Ammunition Training Program (ITNTA)	Group A (1-3, 7, 11); Group B (2, 8); Group C (5); Group D (3, 4, 8); Group E (1-4, 15)
Law Enforcement Rifle Training Program (LERTP)	Group A (1, 2, 8, 12-13, 16-20); Group E (11-12)
Precision Rifle Observer Training Program (PROP)	Group A (1, 2, 8, 12-13, 16-20); Group E (11-12)
Reactive Shooting Instructor Training Program (RSITP)	Group A (1-11); Group E (11-12)
Submachine Gun Instructor Training Program (SMGITP)	Group A (1, 2, 8, 12-13, 16-20); Group E (11-12)
Survival Shooting Training Program (SSTP)	Group A (all); Group C (6); Group E (11-12)
Maritime	**PPRs THAT MUST BE ANSWERED:**
Boat Operators Training Program (BOAT)	Group C (8-20, 22) Group E (18)
Inland Boat Operator Training (IBOT)	Group C (4, 9-20, 22) Group E (18)
Marine Law Enforcement Training Program (MLETP)	Group C (8-20, 22) Group E (18)
Physical Techniques	**PPRs THAT MUST BE ANSWERED:**
Basic Tactical Medical Training Program (BTMTP)	Group B (20)
Electronic Control Device Instructor Training Program (EDITP)	Group A (9); Group B (2c; 6, 14, 32-33); Group E (1-4, 9, 11-14, 18)
Law Enforcement Control Tactics Refresher Training Program (LECTRTP)	Group A (3); Group B (1-6; 9-10; 12-13); Group E (1-4, 9, 12-14)
Law Enforcement Fitness Coordinator Refresher Training Program (LEFCRTP)	Group B (1-4, 19-20); Group E (1-6, 9, 12-15)
Training Management	**PPRs THAT MUST BE ANSWERED:**
Foreign Affairs Counter Threat (FACT)	Group A (1, 3, 5, 7, 11, 18); Group C (2, 4)

PHYSICAL PERFORMANCE REQUIREMENTS (PPRs) FOR FLETC TRAINING PROGRAMS

Student Name: _____

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 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 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 control the weapon during recoil with service ammunition.				
5	Able to pull the trigger of a handgun in double action mode (which has a trigger pull 14-15 pounds of pressure) 2 times in 4 seconds for a total of 54 36 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 both hands at arm's length.				
6	Able to pull the trigger of a handgun (which has a trigger pull 14-15 pounds of pressure) in double action mode 6 times in 6 seconds 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 in becoming upright and standing one's feet and repeat multiple times in a 2-hour period.				
8	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.				
9	Possess sufficient night vision to distinguish between targets at 45 feet.				
10	See and identify all colors -- Cannot be color-blind.				
11	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.				
12	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.				
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 up to 50 yards.				
14	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.				
15	Hold a seven (7) pound shotgun firmly to shoulder and have sufficient hand strength to be able to operate the slide action properly.				

		Student		Health Unit	
		Yes	No	Yes	No
16	Kneel safely on one or two knees 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.				
17	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.				
18	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.				
19	Have sufficient strength/endurance to maintain a one-or-two-knee kneeling barricade position with a shouldered weapon for 30 minutes.				
20	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 (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 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.				
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	Move and strike with a baton from a closed and extended position.				

		Student		Health Unit	
		Yes	No	Yes	No
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	Roll an unconscious person on his/her back and then administer Chest thrusts.				
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)				
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.				

		Student		Health Unit	
		Yes	No	Yes	No
29	Complete an initial CBP Fitness Graduation Standard (FGS) and pass a final FGS. 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 10 minutes fully clothed.				
	b. Swim 200 meters fully clothed.				
	c. Swim 100 meters in full tactical gear.				
	d. Perform 5 chin-ups with a minimum of 2 minutes rest between.				
	e. Climb caving and embarkation ladder to 24 feet, hang and drop, while fully clothed.				
	f. Climb caving and embarkation ladder to 12 feet, hang and drop, while in full tactical gear.				
32	Have hand and finger dexiterity to safely and effectively manipulate the ECD 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 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.				

GROUP C (Vehicles and Driving / Maritime)

		Student		Health Unit	
		Yes	No	Yes	No
1	Drive and/or remain seated in an automobile for six (6) 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 occupy a vessel for periods of up to 8 hours including remaining in a standing position for periods.				
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 2 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.				
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.				
22	Egress from a rollover simulator while submerged in a pool at a depth of 12'.				

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.				

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.				

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 have specific PPRs that must be answered in order for the student to attend the training program. Students must answer all of the appropriate numbered PPRs for the program that 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, _____ 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
(Print Name)
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.

_____ Date

_____ Signature

Date Received by FLETC Health Unit: _____

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

_____ Signature & Date