



## Austin ISD Police Department Training and Recruiting Division

### Change to our Physical Testing Standard

Our department has moved to a new physical testing system that will consist solely of a rowing test on a Concept2 Rower. All applicants must pass this test in order to proceed with the hiring process. Applicants who do not meet the minimum standard will be disqualified and not allowed to continue with the hiring process.

The minimum standard for all applicants is completing a 2000 meter row at the 60th percentile or above according to their age, gender and weight. The damper setting must be set to #5 for this test.

A 2000-meter row is approximately 1.25 mile in distance and is a challenging test. Do not underestimate its difficulty or the value of preparing for it. Once you start the rowing test, you are expected to give 110% and will not be allowed to stop until you have completed the 2000-meter distance. If you stop, you will be disqualified.

This test will replace our current standard of push-ups, sit-ups, and 300-meter sprint. Keep in mind that just because you no longer have to pass these specific physical agility tests, you may still be required to perform these physical tasks during the academy or during the performance of regular police duties.

Refer to the chart below to determine the maximum amount of time you have to complete the test. Use your age range at the time of testing. It is suggested that you round your weight up to the nearest 10 pounds. Consult your physician prior to starting any strenuous physical exercise program.

MEN		Age		
		20-29	30-39	>40
Weight (in pounds)	130	9:48	9:55	10:07
	140	9:38	9:46	9:59
	150	9:29	9:37	9:50
	160	9:19	9:28	9:42
	170	9:09	9:19	9:34
	180	9:00	9:10	9:26
	190	8:50	9:00	9:18
	200	8:41	8:51	9:10
	210	8:31	8:42	9:01
	220	8:21	8:37	8:53
	230	8:12	8:24	8:45
	240	8:02	8:15	8:37
	250	7:52	8:06	8:29

WOMEN		Age		
		20-29	30-39	>40
Weight (in pounds)	100	10:03	10:09	10:14
	110	9:58	10:03	10:09
	120	9:52	9:58	10:05
	130	9:46	9:53	10:00
	140	9:40	9:48	9:55
	150	9:35	9:42	9:50
	160	9:29	9:37	9:46
	170	9:23	9:32	9:41
	180	9:17	9:27	9:36
	190	9:11	9:21	9:31
	200	9:06	9:16	9:27
	210	9:00	9:11	9:22
	220	8:54	9:06	9:17

Rowing technique is an essential part of completing the rowing test successfully. Please refer to Concept2's website to learn how to row, use proper rowing technique, and common errors.

<http://www.concept2.com/indoor-rowers/training/technique-videos>