

ICE Office of Detention and Removal Operations
Applicant Video Script
Physical Fitness Testing

NARRATOR:

Law Enforcement Officers of the Office of Detention and Removal Operations perform a variety of enforcement activities including investigation, identification, apprehension, prosecution, detention and removal of aliens from the United States.

These Officers deal with hostile situations and make decisions affecting the lives and well being of civilians and other law enforcement officers alike.

Maintaining a high level of physical fitness is essential for DRO law enforcement Officers. They train hard so they can work hard.

To be considered for employment as a DRO Law Enforcement Officer, you must pass the Pre-employment Fitness Test. The test will determine if you are physically fit enough to attend the DRO Academy and whether you can endure the physical demands of the job. Let's look at the physical training program at the Academy.

If you are selected and sent to the Academy, you will be required to pass physical fitness testing at both the beginning and end of your training.

Because of the physical challenges faced by DRO Law Enforcement Officers, physical conditioning at the academy is rigorous.

Upon completion of your physical conditioning program, you must complete a one and a half mile run and negotiate an obstacle course in order to graduate from the Academy.

Applicants must pass a three part Pre-employment Physical Fitness Test to ensure you can meet the physical demands at the Academy and on the job.

This video explains and illustrates the three components of the DRO Pre-employment Fitness Test Battery.

In addition, the training materials sent to you by the Hiring Center and available online, also describe and illustrate the test. After reviewing these materials, you may feel that you need to get in better shape to pass the tests.

So, if you are out of shape and not currently exercising, it is recommended that you consult with your physician prior to starting an exercise program or intensifying your current program.

Once you get approval to exercise, start slowly with walking and stretching activities and progress gradually to more strenuous forms of exercise. To reduce your risk of injury, it is extremely important not to do too much too soon.

Get started now so you'll be in shape and can pass the test with flying colors. We want you to succeed.

Here are a couple of things you should now about the fitness tests. First, they will be administered immediately after your pre-employment medical examination, so wear clothing appropriate for the fitness tests to the medical exam.

Basically, dress in the clothes you'd wear to work out at a gym: T-shirt, sweat pants or shorts, and athletic shoes with good support.

Also, bring any braces or supports you routinely wear while working out, such as a wrist brace or ankle support.

Additionally, if you have a medical condition, which might affect your ability to complete the tests, bring the pertinent medical records to your appointment.

The examining physician will determine whether it is safe for you to take the fitness tests.

Now here is some background information on the testing process. There are 3 tests: the Kneel/Stand Test, the Pushup Test, and the Cardiovascular Endurance Step Test.

While each test serves as a warm-up to the next, you may also want to warm up prior to the first test and during the intervals between tests.

The entire testing process is managed by an audiotope or CD that contains all instructions and time frames. Using a recorded narrative ensures that the test is administered uniformly to all applicants. The narrated recording has been carefully developed to include the exact timing of the tests and of the intervals between them.

It provides instructions, gives you start and stop commands, and supplies the cadences you will follow.

There are three-minute intervals between each test in which the narrator explains the next test and takes you through a practice session. During the practice phase the Test Administrator will demonstrate the test while you perform the movements with him or her.

Also, once the Play button is pressed, the tape or CD will not be stopped until the testing process is complete or a test is failed.

Now let's take a look at the Pre-employment Physical Fitness Test Battery. When you arrive for the fitness test, you'll be greeted by the Test Administrator, who will make sure your paperwork is in order and that the physician considers it safe for you to take the test.

When everything is in order, testing will begin, starting with the Kneel/Stand Test.

When the Administrator presses the Play button, the audiotope explains the Kneel/Stand Test and gives you an opportunity to practice. The Test Administrator will demonstrate the movements in synchronization with the voice commands on the tape.

To begin the Kneel/Stand test, assume a prone position on the floor when instructed to do so by the tape.

Next, follow the instructions to move to an upright double kneeling position and lock your arms as if aiming a weapon. Then stand and kneel on alternate knees. Ten position changes from kneeling to standing occur in the first 25 seconds.

Finally, you'll kneel on both knees and maintain the firearm position for two minutes. We'll abbreviate that part of the test here for demonstration purposes.

After two minutes, the tape will tell you to stand and relax. Don't relax your arms until you're told to do so.

Here are some points to keep in mind when taking the test. You will assume the firearm aimed position by clasping your hands as if holding a weapon with the index finger aimed at the examiners mid-chest.

Your arms must be level, your elbows locked straight, and your head upright. You must maintain this firearm aimed position throughout the test. Otherwise, you fail.

Here are some other reasons you might fail the Kneel/Stand Test. You fail if you cannot complete the first ten position changes within 25 seconds.

You fail if you sit back on your heels, bend your elbows, or move your arms in a way that results in aiming outside of the target area.

You fail if you are unable to hold the double kneeling position for 2 minutes.

There is a three-minute interval during this time the next test will be explained.

The next test is the push-up. This is a test of the dynamic strength and muscular endurance of your upper body.

Start in the up position with your elbows locked and your hands shoulder width apart.

A good way to tell if your hands are positioned correctly is to make sure your thumbs are in line with the crease of your shoulders.

Keep your body in a straight line with your feet close together.

A 4-inch foam block will be used to measure the depth of the push-up rather than the Test Administrator's fist as shown here.

When the Test Administrator says "Go," drop down until your body touches the foam block then push up until your elbows are straight. This equals one complete push-up. Your Test Administrator will count out loud those push-ups that are done correctly and will instruct you to make any needed corrections.

Your total score however will include only those push-ups done correctly. Here are some things that would result in your push up not counting.

Improper body position such as a sloped back or raised buttocks, spreading your feet apart or a half push-up, that is where you don't touch the foam block or where you do not come all the way up.

Finally, touching your knees to the mat will end the test.

The next test is the 5-minute Cardiovascular Step Test which is performed to a cadence tape.

Prior to the start of the test the narrator explains the Step Test and takes you through a couple of practices to illustrate the movements and the pace of the test.

Remember the purpose of this test is to measure your cardio-vascular efficiency.

As the test begins, you'll step up onto the bench with the left foot, followed by stepping up with the right foot; then stepping down with the left foot, followed by stepping down with the right foot in an up-up-down-down sequence.

You will take 96 steps per minute. The bench is 16 inches high, and the Step Test lasts five minutes.

The narrator will pace you through the Step Test. Remember to pass you must stay on cadence.

Here's what can cause you to fail:

You fail the Step Test if you can't successfully complete the entire five minutes.

You fail the test if you are unable to maintain stepping cadence in accordance with the narration for more than two consecutive up, up, down, down, sequences.

You fail if you use your arms to push on your legs to assist in stepping.

And you fail if you miss a total of 6 up, up, down, down cadence sequences during the entire 5-minute test. That means that if you get off cadence, each cycle missed adds up and counts against you. To avoid failing, keep stepping in pace.

When all three tests have been completed, you are free to go.

The job of DRO law enforcement officers is demanding and requires a high level of physical fitness.

The Kneel/Stand Test, Pushup, and Step Test help establish whether you are physically fit enough to continue in the selection process.

If you fail any portion of the Pre-employment Physical Fitness Test you will be eliminated from further employment consideration as a DRO Law Enforcement Officer.

Following concurrence from your health care professional to ensure that you are able to take the Pre-employment Fitness Test, practice the specific tests shown here and illustrated in the Pre-employment Physical Fitness Test Fact Sheet. Do this often in advance of the actual test. Additionally you should, walk, jog, climb stairs, or do what it takes for you to safely get in shape.

It will benefit both you, and the Office of Detention and Removal Operations, and help make our country safer from those who would do us harm.