EXIT FITNESS STANDARD

All exit times were set by the NMLEA Board on September 3, 2014.

Students MUST meet or exceed these standards prior to receiving certification.

Aerobic Power
1.5 Mile Run
14:15 (minutes:seconds)

Anaerobic Power
300 Meter Run
64.0 seconds

Muscular Endurance
1 minute maximum number of sit-ups
37 repetitions

Upper Body Strength
1 minute maximum number of push-ups
25 repetitions

EXIT AGILITY STANDARD

Course #1: Officer starts seated in his vehicle, hands on the steering wheel with seatbelt in use and wearing a 10lb. weight belt or vest around waist to simulate a gun belt. As the timed exercise begins, the officer will:

1. Release seatbelt and open vehicle door.
2. Run 30 feet and open building door.
3. Cross 4ft. threshold, run up two flights of stairs and pause for 60 sec. (Rise and Run of 7"x11" is standard, 8"x10" or 6"x12" are acceptable. Standard floor landings are 10' high.) If only one floor is available it is acceptable to run up, run down, run up and pause 60 seconds. After 60 seconds, runs down the stairs and out the door. There is no restriction on how the officer negotiates the stairs, however both feet must contact the top and bottom stair.
4. Run 100' from door to a 5' high platform, run up steps, ladder, or ramp to the top of the platform and jumps down.
5. Run 37.5’, turn and reverse touching the ramp, run 25 feet to a 6’ high wall and scale it. The wall is constructed of unpainted cinder block with a smooth top. If the applicant chooses, he or she may drag a rigid aid or object 10’ from the side of the wall and use it to scale the wall. The rigid object will have handles, a flat top, weigh 50lbs. and be 25” tall.
6. After scaling the wall, run 50’ to a handcuff/arrest simulator, put arms down, touch ends and hold for 60 seconds. Arrest simulator is 5’ high with 60lbs. resistance in the right arm and 40lbs. in left arm. END exercise.

Passing Score (3 minutes 5 seconds)

Course #2: Officer starts from a standing position wearing a 10lb weight belt or vest around waist to simulate a gun belt. As the timed exercise begins, the officer will:

1. Run 30’ straight ahead and jump across a 4’ wide barrier. The barrier is low to the ground, e.g. a ditch, highway divider, etc.
2. Run 12.5’ and climb, jump, or hurdle over a 3’ high barrier. The barrier is to resemble a fence or low wall, no more than 4” wide and at least 8’ long, made of metal or wood.
3. Run 12.5’ to the back of a vehicle equivalent to a full-sized police vehicle and push it 30’ on a flat surface in the direction of a clear area where a victim extraction will take place. The car is occupied by a dummy (victim) wearing a seatbelt and weighing 190lbs. +/- 10lbs. The dummy must meet standards established by the New Mexico Law Enforcement Academy.
4. Approach the victim’s door; open the door; undo the seatbelt; pull the victim out of the vehicle and drag them 20’ perpendicular to the direction of the vehicle.
5. Both officer and dummy (victim) must completely cross the finish line to END the exercise.

Passing Score (42 seconds)