

The Physical Fitness Test (PFT) is administered according to strict protocols. The Protective Agent (PA) PFT must be administered by a Supervisory Special Agent (SSA) or Staff designee. To attain a passing score on the PA PFT, individuals must meet the minimum number of repetitions or be under the maximum time in every event. Participants will not receive credit for repetitions during an event which do not meet the established protocols.

Protective Agent applicants will be required to conduct a PA PFT during the application process as an external hire once the interview portion had been completed. All applicants will be required to bring PT clothes on the day of the interview for testing purposes. Additional PFTs will be officially administered during employment period, as follows:

- Within the first 60 days of reporting to the CIA.
- In accordance with specified certification courses in the training pipeline as well as periodic recertification.

The PA PFT consists of six mandatory events, administered in the below order, with no more than five minutes of rest between each event. There is a strictly defined scoring scale and protocol for each event.

1. Maximum number of sit-ups (timed)
2. 300-meter sprint (timed)
3. Maximum number of continuous pushups (not timed)
4. One and one-half mile (1.5 mile) run (timed)
5. 185 pound Dummy Cross load (timed)
6. Maximum number of continuous pull-ups (not timed)

The minimum scores are sit-ups (31), sprint (68 seconds), push-ups (25), 1.5 mile run (13:30), cross-load (62 seconds), and pull-ups (4).

If the applicant fails to meet any of the assessment standards, they will be removed from the hiring process.