

The newly designed ORE considers the major physical fitness components required to perform job duties and includes the most effective and time efficient evaluations available. This test requires minimal equipment, yet still accurately assess muscular strength, muscular endurance, cardiovascular (aerobic) efficiency, anaerobic power, coordination, and agility (i.e., change of direction). In addition to updating a psychological assessment, the new ORE also reduces the likelihood of an officer suffering an injury during the physical evaluation.

EVENT	STANDARD	DURATION (Min)	PROTOCOL
Standardized Warm Up	-	12	Dynamic warm up
3 min rest			
Trap Bar Deadlift (TBD)	<b>240 pounds</b>	10.5	150x5, 3-min rest, 200x3, 3-min rest, 240x1 once all reps have been completed to standard, evaluation is over
3 min rest			
Sled Drag	<b>225 pounds; 65 seconds</b>	3	Grasp each strap handle, which will be positioned and resting on the sled behind the start line; pull the sled backwards until the entire sled crosses the 25yd line; turn the sled around and pull back until the entire sled crosses the start line. The sled must completely cross both the turn line and finish line.
3 min rest			
Dead Arm Hang + Pull Up	<b>1 rep + 35 seconds + 1 rep</b>	1	Grasp and hold a horizontal pull-up bar, arms fully extended. The test begins with one complete pull-up (chin over the bar). Following the rep, return to the starting hang position and a 35 second timer will begin. Upon completion of the 35 second extended arm hang, complete one additional pull-up. Letting go of the bar at any time during the test results in failure.
3 min rest			
300yd Shuttle	<b>80 Second Average</b> Auto Fail if rep is more than 84 seconds	6	Sprint six consecutive 50-yard shuttles (25y out and 25y back) to accumulate 300yds. Once the officer passes the finish line, a 2-min rest clock begins. At the end of the rest, another 300 yd shuttle will begin. Scoring is determined by the average of the two attempts.