



Commission on Correctional Peace Officer Standards and Training

CPOST Attends Physical Training Test Observation at Fresno

The Commission on Correctional Peace Officer Standards and Training (CPOST) staff recently attended another Correctional Peace Officer Physical Fitness Test (PFT) at the Fresno Police Department Regional Training Center.

CPOST staff met with the Office of Peace Officer Selection (OPOS) Staff Services Manager I; A. Elizalde. SSMI Elizalde oversees the testing unit in Fresno and she provided CPOST staff an overview of the PFT process from start to finish.

The OPOS staff also informed the candidates where the resting areas and water were located. Now: the candidates are led them to the start-line. OPOS staff started one candidate, every 30 seconds. The candidates ran up a small incline, to the cones and back down to the 'zig zag' area and then three small obstacle jumps. This led the candidates to the flight of stairs with arrows on the floor that directed them to go back down the stairs and around more caution tape and to the weight stations. The distance of the run is the same as all PFT in the department..

To assist CPOST staff in understanding the registration process, she led CPOST staff to the registration room to demonstrate the applicant 'check-in' process. The first step is to ensure all of the candidates documents are in order. Four OPOS staff continued the process, verifying the documents.

The next step is to verify the candidate has been entered into the system. The last step before the actual test: issuing a 'number bib' to attach to the candidates clothing; identifying each candidate.

There were five groups scheduled, with tests starting every 45 minutes. After the second group completed the PFT, SSMI Elizalde took the CPOST staff to tour the course. SSMI Elizalde explained that they used caution tape for the course with a wide layout because it allows especially fit candidates to pass slower candidates.

The candidates were instructed on the course and about the test by OPOS staff.

The correctional sergeants monitoring the candidates were encouraging, yelling: "push it, keep going, you're almost there! you can make it to the finish line!" These kind words helped those candidates who were very near giving up because they were breathless and exhausted from the course of the run. At the end of the course, the candidates were directed to the resting area to catch their breath; water was provided to them. OPOS staff checked on the candidates during the rest period and then directed the candidates to the check-out stations.

CPOST staff would like to sincerely thank SSMI Elizalde for the Fresno PFT tour and the testing unit process information. The information provided to the CPOST staff was both fascinating and informational. It was a pleasure for CPOST staff to meet with the Fresno testing unit.

