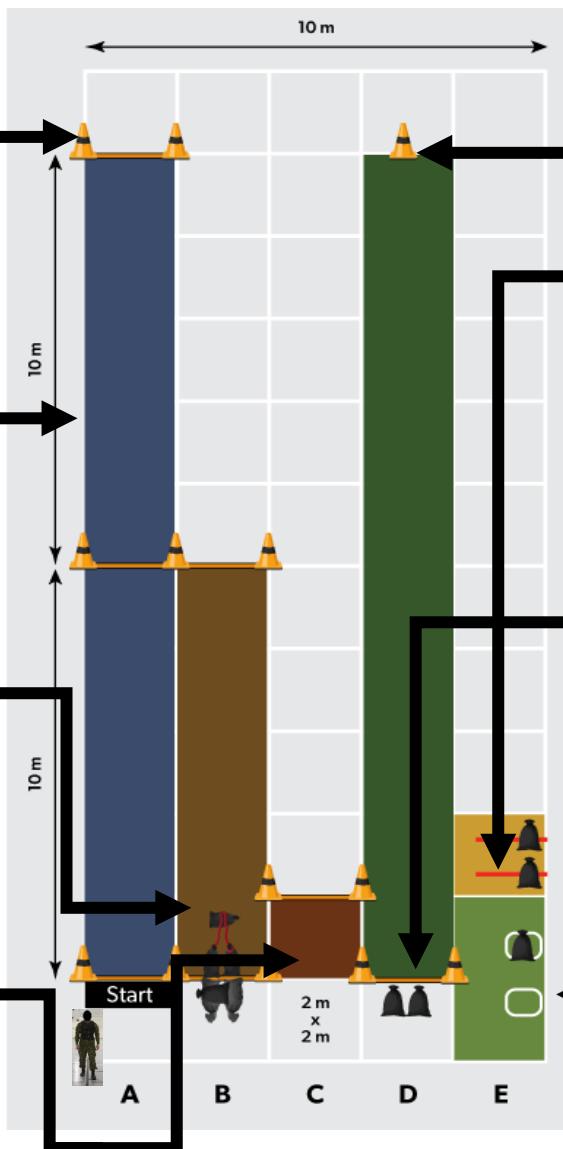


Outcome	Completion Time
Pass standard	≤9 min 15.0 sec
Eligible for re-evaluation	9 min 15.1 sec to 9 min 20.0 sec
Failure	≥ 9 min 20.1 sec

Close Protection (CP) Maintenance Physical Fitness Evaluation (CP Maintenance PFE)

The CP Maintenance PFE is the physical fitness assessment standard for the Close Protection Operator Assessment Centre (CPOAC) as well as the Close Protection Operator Course (CPOC). It includes fundamental components from the FORCE Evaluation. It assesses the specific physical abilities that are required to safely and efficiently perform as a Close Protection (CP) Operator.

- Dress Requirements:
 - CADPAT or equivalent,
 - Boots with ankle support
 - 10.44 kg (23 lbs) weighted vest
- Optional:
 - Athletic tape (for fingernails)
 - Knee pads
 - Compression sleeve(s)



1 40 m Walk Lane A

2 80 m Bound

Lane A

Touch the start line, assume prone position, and perform a hand release. Get up, turn around, sprint 10 m, cross the line, turn around, drop to prone, perform hand release. For each drop, the CP Operator must *not* dive or drop and must: have hands and shoulders on or behind the line, perform a hand release, be perpendicular to the line.

3 **Intermittent Casualty Drag**
Lane B

Pick up the “carry” sandbag by the strap and drag the kit backwards 10 m *without stopping*.

Following “Clear,” *place* the sandbag down.

Run 10 m back to the start line, touch the line, turn around, run 10 m back to the sandbag kit.

Pick up the “carry” sandbag by the strap and drag the kit backwards 10 m *without stopping*. *Place* the “carry” sandbag down.

④ Consolidation Pause Lane C



8 40 m Walk
Lane D

Walk 20 m, cross the far 20 m line, and return to start line.
No stopping or rest allowed.

**7 Barricade
Lane E-3**

Perform 30 sandbag lifts to a minimum height of 1.0 m, alternating between the left and right sandbags. During a lift: feet cannot touch the line, midline of bag must be on or over the 1.0 m line, cannot use handle or eyelet of sandbags, cannot throw bag at wall.

6 Intermittent Casualty Carry

Pick up two 20 kg sandbags, walk 20 m (loaded), walk around cone, and walk 20 m back. Touch the start line and *place* sandbags outside 20 m zone. Run 20 m (unloaded), run around cone, run 20 m back, and touch the start line. Repeat steps for a total of 5 loaded and 5 unloaded shuttles intermittently. Running during a loaded shuttle is not permitted. The CP Operator must: go around the cone, touch the start line between shuttles, and *place* sandbags down *outside* the 20 m zone.

5 Crowd Control Lane E-1/2