

DIRECTOR'S MESSAGE



THE NTOA DEVELOPS PHYSICAL FITNESS TEST

Happy New Year! I hope that everyone had an enjoyable holiday season and was able to spend time with family and friends. It seems like just last week we were making plans to deal with Y2K, and now we are into the third decade!

I suspect some, if not most of you have made new year's resolutions. We have done the same here at the NTOA, and I would like to share one of them with you.

One of the most common resolutions centers on health and wellness, with each of us promising ourselves to do something to improve our diets, our fitness levels or some other aspect of our physical lives. One of the NTOA's resolutions hopefully will assist you in accomplishing your goals regarding fitness. The NTOA will be releasing the first iteration of a national SWAT fitness standard. This will be the last step in finalizing a national physical fitness qualification (PFQ) for tactical teams.

Last year, the NTOA tasked Physical Fitness Chair Greg Amundson and his committee with researching and developing a SWAT physical fitness test. The committee is comprised of both non-sworn and sworn subject matter experts with a wealth of experience. Committee members represent various ethnicities, genders and ages, and come from different size agencies and teams. A concerted effort was made to be as representative of the profession as possible. Our goal is to release a test that can be utilized by all tactical teams regardless of size. The reason for this is tied directly to our Tactical Response and Operations Standard (TROS/National SWAT Standard). The mission capabilities of SWAT teams are the same, and thus, the same job equals the same physical fitness standard.

Greg and his peers have done an incredible job designing a test that can be accomplished almost anywhere utilizing an operator's own equipment. Most importantly, the test is job related. Data was obtained from teams throughout the nation who performed the test and then

shared their results. The committee then analyzed the results to produce a scoring system. The test does not make allowances for age and gender, keeping with the same job/same standard guideline. Like the TROS, the newly developed PFQ will be a living document, reviewed and updated on a regular basis to ensure it remains effective and relevant.

This first year is critical to long-term success and it is important that we receive your feedback. Despite having collected PFQ results from some teams, we are in need of more. We are asking for members' help in performing, recording and reporting PFQ results from themselves and their team members. This will allow our committee to analyze and then adapt scores to appropriately reflect job relevance and validity. Please know, the NTOA is not asking for any personal information. We only need some basic general information such as age and gender, team size and status (full time vs. collateral duty).

For those members or teams that are interested, we will also be offering an 8-hour class, Tactical Operator Fitness Trainer, to assist in providing basic functional fitness information. This course also will share information on how to implement and perform the PFQ.

A link will be available on our website to access additional information regarding the NTOA PFQ. This will include background on the creation of the PFQ, instructions on how to administer and score the test, as well as how to report back the results to the NTOA. If you have any additional questions, please feel free to contact our committee chair, Greg Amundson, at greg@gregoryamundson.com

Thank you in advance for your interest and assistance in this project. We are grateful.

I hope you all have a blessed and safe year,

A handwritten signature in blue ink that reads "Thor Eells".

Thor Eells
Executive Director