



Guam P.O.S.T. Commission

P.O.S.T. ADMINISTRATIVE RULES

Airport Chief of Police Bob Camacho



Guam P.O.S.T. Commission

The Guam Peace Officer Standards and Training (P.O.S.T.) Commission is a territorial level organization, endowed with the authority to establish and set the standards for hiring, training, ethical conduct and retention of Peace Officers for the Territory of Guam through certification and approval

[\(17 GCA, Chapter 51\).](#)



Guam P.O.S.T. Commission

Authority and Responsibilities

- Training Standards for Peace Officers
- Physical Fitness Standards
- Standards for Training Institutions/Training Programs
- Decertification
- Research
- Inspection



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Peace Officer Categories

Category 1 – peace officers are peace officers who are employees of the Government of Guam and civilian volunteer reserves as authorized by law. They have taken an oath to uphold the law and they openly or by concealment carry firearms while on duty.

Category 2 – peace officers are employees of the Government of Guam, whose job description is of a specialized nature, including the execution of administrative search warrants and investigations of a specialized nature.

Category 3 – peace officers are peace officers who have authority to enforce governmental regulations or laws as specified in their job description and within the scope of the agency mission.



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Standards for Training Institutions/Programs

Training Institutions

Admission Requirements

Transcripts, Facilities, Instructors,
Counseling, Orientation, Discipline

Training Records, Testing, Grades, Attendance

Rules of Safety, First Aid

Graduations

Failure



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P.O.S.T. PHYSICAL FITNESS QUALIFICATION TEST OVERVIEW

Executive Director Dennis Santo Tomas



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Physical Fitness Qualification Test (PFQT)

- PFQT equivalent to the U.S. Air Force Fitness Test
- Applies to categories 1 & 2 peace officers
- 3 Year implementation schedule
- No P.O.S.T. certifications denied, suspended or revoked until the end of the 3rd year of the implementation schedule
- Peace officers responsible for compliance to the PFQT policy
- Pursuant to 17 G.C.A. § 5114(b)(7), it shall be incumbent upon the individual peace officer or recruit/trainee to receive a health screening from a licensed health professional prior to undergoing their fitness assessment.



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Why use the U.S. Air Force Fitness Test

- According to Air Force Instruction (AFI) 36-2905 the U.S. Air Force exercise physiologists and preventive medicine physicians developed a new health-related physical fitness test with science-based criterion standards for aerobic fitness and body composition, a first in Department of Defense history.
- These standards provide health risk ratios that indicate a susceptibility to *cardiovascular diseases, Type 2 diabetes, and certain cancers*; member productivity and lost duty time [emphasis added].
- This physical fitness assessment takes into consideration different thresholds for one's gender and age. Moreover, the U.S. Air Force chose to create a shorter physical fitness assessment than its counterparts that still adequately gauged a service member's physical fitness, thus making test administration more efficient for public safety agencies.



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Consecutive unsatisfactory PFQT Scores

1st Unsatisfactory – written warning & retest in 90 days

2nd Unsatisfactory – written warning & retest in 90 days

3rd Unsatisfactory – written warning & retest in 90 days

4th Unsatisfactory – certification is temporarily suspended, and placed on admin duty without authorization to carry a firearm. Agency head will make recommendation to the P.O.S.T. Commission to revoke the officer's certification upon review.



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MINIMUM COMPONENT REQUIREMENTS OF THE PFQT

Capt Joey Manibusan, GFD



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Minimum Component Requirements-Male

Must have composite score of 75.0 and meet all requirements below to pass PFQT

Age	Body Comp (AC)(max)	Run time (max	Situps (min)	Pushups (min)
30	39"	13:36	42	33
30-39	39"	14:00	39	27
40-49	39"	14:52	34	21
50-59	39"	16:22	28	15
60+	39"	18:14	22	14



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Minimum Component Requirements-Female

Must have composite score of 75.0 and meet all requirements below to pass PFQT

Age	Body Comp (AC)(max)	Run time (max	Situps (min)	Pushups (min)
30	35.5"	16:22	38	18
30-39	35.5"	16:57	29	14
40-49	35.5"	18:14	24	11
50-59	35.5"	19:43	20	9
60+	35.5"	22:28	11	7



GUAM POST COMMISSION FITNESS SCREENING QUESTIONNAIRE

You are being asked these questions for your safety and health. The Guam POST Commission Fitness Assessment (FA) is a maximum-effort test. Peace Officers who have not been exercising regularly and/or have other risk factors for a heart attack (increasing age, smoking, diabetes, high blood pressure, etc.) are at increased risk of injury or death during the test. Answering these questions honestly is in your best interest.

1. Have you experienced any of the symptoms/problems listed below and not been medically evaluated and cleared for unrestricted participation in a physical training program?

- Unexplained chest discomfort with or without exertion
- Unusual or unexplained shortness of breath
- Dizziness, fainting, or blackouts associated with exertion
- Other medical problems that have not been evaluated, optimally treated, or not already addressed that may prevent you from safely participating in this test (e.g. heart disease, sickle cell trait, asthma, etc.).
- Family history of sudden death before the age of 50 years

☐ Yes: Stop. Notify your Fitness Program Manager and contact your Personal Care Provider for evaluation/recommendations. Hand carry this form to medical evaluation.

☐ No: Proceed to next question.

2. Are you 35 years of age or older?

☐ Yes: Proceed to next question.

☐ No: Stop. Sign form and return to your Fitness Program Manager. Member may take the FA.

- Have you engaged in vigorous physical activity (i.e., activity causing sweating and moderate to marked increases in breathing and heart rate) averaging at least 30 minutes per session, 3 days per week, over the last 2 months?

☐ Yes: Stop. Sign form and return to your Fitness Program Manager. Member may take the fitness assessment.

☐ No: Proceed to the next question.

- Do one (1) or more of the following risk factors apply to you?

- Smoked tobacco products in the last 30 days
- Diabetes
- High blood pressure that is not controlled
- High cholesterol that is not controlled
- Family history of heart disease (developed in father/brother before age 55 or mother/sister before age 65)
- Age > 45 years for males; > 55 years for females

☐ Yes: Stop and notify Fitness Program Manager.

☐ No: Stop. Sign form and return to your Fitness Program Manager. Member will take the FA.



GUAM POST COMMISSION FITNESS SCREENING QUESTIONNAIRE

If member experiences any of the symptoms listed in Question #1 during the fitness assessment, he/she should stop the test immediately and seek medical attention immediately.

Signature: _____ Date: _____

Printed Name: _____ Rank: _____

Duty Phone: _____

Medical Evaluation (Only applicable if member marked Yes on Question 1; provider answers all 4 statements)

If medical evaluation is required IAW this FSQ, the provider will complete the following:

I medically evaluated _____
(name) (date) _____ on _____ Medical recommendations are:

Member (is/is not) medically cleared for the maximal effort 1.5-mile run.

Member (is/is not) medically cleared for the maximal effort 2.0-kilometer walk.

Member (is/is not) medically cleared for push-ups.

Member (is/is not) medically cleared for sit-ups.

(Signature/Stamp of Provider)



GUAM POST COMMISSION FITNESS CHARTS AND SCORING SHEETS

Male – Age: < 30

Name: _____ Rank: _____ Unit: _____
 SSN: _____ Age: _____ Height: _____ Weight: _____
 Profile: Y / N Date: _____

Component	Time/Reps/Meaning	Score	Minimum Value Met
1.5 Mile Run			< 13:36 Y / N
1.0 Mile Walk			
Push-ups			≥ 33 Y / N
Sit-ups			≥ 43 Y / N
Body Composition	1. 2. 3. Avg.		< 39 Y / N
Total Score: _____ of _____		Category: _____	Excellent Satisfactory Unsatisfactory

Cardiorespiratory Endurance			Body Composition			Muscle Fitness		
Run Time (minutes)	Health Risk Category	Points	AC (inches)	Health Risk Category	Points	Push-ups (reps/min)	Points	Sit-ups (reps/min)
≤ 9:15	Low-Risk	60.0	≤ 37.5	Low-Risk	30.0	≥ 67	10.0	≥ 58
9:15 – 9:24	Low-Risk	59.7	37.6	Low-Risk	29.0	62	9.5	55
9:25 – 9:45	Low-Risk	59.3	37.7	Low-Risk	28.0	61	9.4	54
9:46 – 9:58	Low-Risk	58.9	37.8	Low-Risk	27.0	60	9.3	53
9:59 – 10:10	Low-Risk	58.5	37.9	Low-Risk	26.0	59	9.2	52
10:11 – 10:23	Low-Risk	57.9	38.0	Low-Risk	25.0	58	9.1	51
10:24 – 10:37	Low-Risk	57.3	38.1	Moderate-Risk	24.6	57	9.0	50
10:38 – 10:51	Low-Risk	56.6	38.2	Moderate-Risk	24.0	56	8.9	49
10:52 – 11:06	Low-Risk	55.7	38.3	Moderate-Risk	23.4	55	8.8	48
11:07 – 11:22	Low-Risk	54.8	38.4	Moderate-Risk	22.8	54	8.7	47
11:23 – 11:38	Low-Risk	53.7	38.5	Moderate-Risk	22.1	53	8.7	46
11:39 – 11:56	Low-Risk	52.4	38.6	Moderate-Risk	21.4	52	8.6	45
11:57 – 12:14	Low-Risk	50.9	38.7	Moderate-Risk	20.5	51	8.5	44
12:15 – 12:33	Low-Risk	49.2	39.0 *	Moderate-Risk	19.6	50	8.4	43
12:34 – 12:53	Moderate-Risk	47.3	39.1	High-Risk	18.7	49	8.3	42 *
12:54 – 13:14	Moderate-Risk	44.9	40.0	High-Risk	17.6	48	8.1	41
13:15 – 13:36 *	Moderate-Risk	42.3	40.1	High-Risk	16.4	47	8.0	40
13:37 – 14:00	High-Risk	39.3	41.0	High-Risk	15.2	46	7.8	39
14:01 – 14:28	High-Risk	35.8	41.5	High-Risk	13.8	45	7.7	38
14:29 – 14:57	High-Risk	31.7	42.0	High-Risk	12.3	44	7.5	37
14:58 – 15:30	High-Risk	27.1	42.5	High-Risk	10.7	43	7.3	36
15:31 – 16:23	High-Risk	21.7	43.0	High-Risk	9.0	42	7.2	35
16:24 – 16:57	High-Risk	15.8	> 43.5	High-Risk	7.0	41	7.0	34
> 16:58	High-Risk	0.0				40	6.8	33
						39	6.5	32
						38	6.3	31
						37	6.0	30
						36	5.8	29
						35	5.5	
						34	5.3	
						33 *	5.0	
						32	4.8	
						31	4.5	
						30	4.3	
						29	4.0	
						28	3.8	
						27	3.5	
						26	3.0	
						25	2.8	
						24	2.5	
						23	2.3	
						22	2.0	
						21	1.8	
						20	1.7	
						19	1.5	
						18	1.0	
						≤ 17	0.0	

NOTES:

Health Risk Category – low, moderate or high risk, the current and future cardiovascular disease, diabetes, certain cancers, and other health problems.

Passing Requirements – member must: 1) meet minimum value in each of the four components, and 2) achieve a composite point total ≥ 75 points

* Minimum Component Values

Run time ≤ 13:36 minutes / 1.5 mile / 1.0 mile

Push-ups ≥ 33 repetitions/one minute / Sit-ups ≥ 42 repetitions/one minute

Composite Score Categories

Excellent ≥ 90.0 pts / Satisfactory = 75.0 – 89.9 / Unsatisfactory < 75.0



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QUESTIONS ?