

WISCONSIN DEPARTMENT OF MILITARY AFFAIRS MILITARY AFFAIRS SECURITY

PHYSICAL READINESS TEST RESULTS

DMA Form 5.3-3-R (01 May 2018)

(For *New Hire MASO candidates, **Current MASO and ***Current MASO returning to work from injury or prolonged illness)

(Pre hire), I (print name) _____ am performing this readiness test at my own personal risk.

(Current MASO), I (print name) _____ am performing this readiness test as a condition of my employment.

Signature: _____ Date: _____

Before beginning of each event the time keeper will demonstrate all techniques to be used during the event.

1. Barrier Push / Lift
Pass _____ Fail _____
2. Agility Run
Time of course completion _____
3. Training Dummy Drag / Carry
Pass _____ Fail _____
4. Sit-up Test
Pass _____ Fail _____ Number of Sit-ups _____
5. 300 meter run
Time of course completion _____
6. Push-up Test
Pass _____ Fail _____ Number of Push-ups _____
7. 1.5 Mile Run
Time of completion _____

Time Keeper Name (Print): _____

Time Keeper (Signature): _____ Date _____

Supervisor Name (Print): _____

Supervisor (Signature): _____ Date: _____

* New Hire candidates: Form to be completed 24 hours before psychological appointment

**Current MASO; Form to be completed and returned to DMA HR along with annual performance review.

*** Current Employees returning to work from injury or prolonged illness; Must have medical clearance from physician to take readiness test. After completing the test this form will be completed and returned to DMA HR and Risk Manager.