



Louisiana Department of Wildlife & Fisheries
Enforcement Division

Recruitment—Entrance Standards

Male

Activity	Age 20-29	Age 30-39	Age 40-49	Age 50-59	Age 60+
1.5 Mile Run	14:06	14:34	15:22	16:46	19:10
1 Minute Sit-Up Test	33	30	24	19	15
1 Minute Push-Up Test	22	17	11	9	6

Female

Activity	Age 20-29	Age 30-39	Age 40-49	Age 50-59	Age 60+
1.5 Mile Run	16:46	17:38	18:38	20:32	22:44
1 Minute Sit-Up Test	24	20	14	10	3
1 Minute Push-Up Test	10	8	6	--	--

*Additionally, all candidates will be required to perform a swim assessment which consist of the following:

1. Tread water for 15 seconds.
2. Swim underneath a rope draped across the pool to demonstrate the willingness to go submerged without extreme fear of the water.
3. Swim the length of the pool (approximately 20 meters) in any style chosen by the candidate.