

# ***FITNESS ACTIVITY*** ***STANDARDIZED TESTING (FAST)***

***New Applicant & BIT Student Handbook***  
***June 2022***



# Contents

<b>FITNESS ACTIVITY STANDARDIZED TESTING</b>	<b>3</b>
<b>FAST Program Overview</b>	<b>3</b>
<b>FAST Protocol</b>	<b>3</b>
<b>FAST Scoring &amp; Standards</b>	<b>4</b>
1–Minute Push-ups:	4
1–Minute Sit-ups:	4
1.5–Mile Run:	4
Combined Score:	4
<b>Preparing for FAST</b>	<b>4</b>
Muscular Strength and Endurance Training:	5
Aerobic Training:	5
Circuit Training:	5
<b>Testing Site</b>	<b>5</b>
Running Track Recommendations	5
<b>Medical Exception</b>	<b>6</b>
<b>FAST Exercise Explanations &amp; Demonstrations</b>	<b>6</b>
Starting FAST	6
Push-Ups:	6
Sit-Ups:	7
1.5 Mile Run:	7
<b>Sample Workout Routine</b>	<b>8</b>
Avoiding Injuries:	8
<b>ATTACHMENT 1 – Ability Group Score Chart</b>	<b>10</b>
<b>ATTACHMENT 2 – Heat Index Guidance Chart</b>	<b>13</b>

# Fitness Activity Standardized Testing

The Fitness Activity Standardized Testing (FAST) Program is a mandatory program designed by the United States Postal Inspection Service (USPIS) to test and assess new Postal Inspector applicants' and Basic Inspector Training (BIT) students' level of fitness. The FAST Program aims to determine an individual's state of readiness to participate in the physical demands of the BIT Program and Postal Inspector position.

## FAST Program Overview

The FAST Program provides a measurement of upper- and lower-body muscular endurance as well as aerobic and anaerobic endurance. It is a performance test that indicates an individual's ability to perform physically and handle their own body weight. FAST standards, for new applicants and BIT students, are gender adjusted. For candidates in the application process, the initial test will be administered at the Assessment Center; however, annual testing will be required until enrollment in a BIT class. For BIT students, the test will be administered periodically throughout the BIT program. Test 1 will occur between Weeks 1 and 4; Test 2 between Weeks 5 and 8; Test 3 between Weeks 9 and 12; and Test 4 between Weeks 13 and 16.

## FAST Protocol

FAST consists of three (3) exercise events:

- 1-minute timed push-ups.
- 1-minute timed sit-ups.
- 1.5-mile timed run.

The exercise events are required to be completed in the order listed above during one (1) testing period. One testing period is defined as the period of time that elapses from start to finish of all three events (i.e., from the first push-up performed until the 1.5-mile run is completed). New applicants and BIT students are allowed a minimum of one minute to a maximum of five minutes of rest between each exercise. FAST scoring and exercise event minimums are mentioned later in this handbook; however, each participant must achieve a minimum score in each individual exercise event and a minimum cumulative score to successfully pass. All new applicants are required to successfully pass their most recent FAST before being placed into a BIT class. Failure to pass the most recent FAST will result in a temporary pause of the applicant's progression, until FAST can be successfully completed. After three (3) consecutive unsuccessful FAST attempts, new applicants will be removed from the application process. All BIT students are required to pass at least two (2) FAST attempts, including the final FAST before graduation. Failure to pass these two (2) FAST attempts will lead to removal of the BIT student from the BIT program. Any participant who fails FAST must wait at least seven calendar days after the most recent FAST before being re-tested.

FAST results will be recorded and maintained by the Career Development Unit (CDU) FAST Coordinator and/or their designee. Although the CDU FAST Coordinator should be utilized to administer the test, the coordinator may designate another Inspector (designee) to administer the test. Any designee must be approved by the CDU Inspector in Charge (INC) and trained by the CDU FAST Coordinator on test administration, scoring, and record keeping. The CDU FAST Coordinator and/or their designee should monitor the performance of the participants and are required to document all participants' FAST results.

# FAST Scoring & Standards

## 1–Minute Push-ups:

The 1-minute push-ups are scored on a 100-point scale. (See Attachment 1.) Minimum scoring is as follows:

- Males must receive a minimum score of 34 points or complete at least 29 push-ups within one minute. (See Attachment 1, yellow highlight under “Push-up (M).”)
- Females must receive a minimum score of 36 points or complete at least 10 push-ups within one minute. (See Attachment 1, yellow highlight under “Push-up (F).”)

## 1–Minute Sit-ups:

The 1-minute sit-ups are scored on a 100-point scale. (See Attachment 1.) Minimum scoring is as follows:

- Males must receive a minimum score of 50 points or complete at least 30 sit-ups within one minute. (See Attachment 1, yellow highlight under “Sit-up (M).”)
- Females must receive a minimum score of 42 points or complete at least 22 sit-ups within one minute (See Attachment 1, yellow highlight under “Sit-up (F).”)

## 1.5–Mile Run:

The 1.5-mile run is scored on a 100-point scale. (See Attachment 1.) Minimum scoring is as follows

- Males must receive a minimum score of 34 points or complete the 1.5 mile run in 15 minutes 46 seconds (15:46) or less. (See Attachment 1, yellow highlight under “1.5-Mile run (M).”)
- Females must receive a minimum score of 39 points or complete the 1.5 mile run in 17 minutes 54 seconds (17:54) or less. (See Attachment 1, yellow highlight under “1.5-Mile run (F).”)

## Combined Score:

Each exercise must be completed to obtain an overall passing score. (See Attachment 1 for the FAST Ability Group scoring chart.) The minimum Ability Group scoring is as follows:

- All individuals must obtain a combined score of 140 points or at least score in the Advanced Basic Ability Group. (See Attachment 1, yellow highlight under “Ability Group.”)
- **Note:** Meeting the minimum score in each exercise will not reach a combined score of 140, the minimum passing score.

## Preparing for FAST

The Postal Inspector position requires a commitment and dedication to physical fitness and physical preparedness. Physical fitness and physical preparedness should not begin when you become a Postal Inspector; it should be a part of a candidate’s daily life.

To prepare for FAST, USPIS recommends all applicants and BIT students follow a disciplined workout program. USPIS recommends the following types of workouts:

- Muscular strength and endurance training.
- Aerobic training.
- Circuit training.

Some examples of suggested trainings are provided below:

### ***Muscular Strength and Endurance Training:***

USPIS recommends incorporating some type of muscular strength and endurance training in a workout program. This type of workout will increase the ability to exert force and combat fatigue. USPIS strongly recommends consistently practicing and performing push-ups, sit-ups, body weight squats, body weight leg lunges, and pull-ups as primary exercises. These exercises will prepare the candidate for the FAST exercise events and will build the core muscle groups needed to successfully pass FAST.

### ***Aerobic Training:***

USPIS recommends incorporating some type of aerobic training in a workout program. This type of training will increase the cardiovascular, respiratory, and musculoskeletal system's ability process and deliver oxygen for needed energy. It is strongly recommended to build up to and maintain sustained running (at least two miles or more) during training sessions. It is also recommended to incorporate sprint running (short distances with maximum effort) into training sessions. These exercises will prepare the candidate for the FAST exercise events and build the cardiovascular, respiratory, and musculoskeletal systems needed to successfully pass FAST.

### ***Circuit Training:***

USPIS recommends incorporating circuit training into a workout program. This type of training will combine muscular strength and endurance training and aerobic training with limited periods of rest in-between. This type of training will increase the ability to perform at maximum levels with limited rest in-between exercises. An example of a circuit style training routine is listed below:

- Run for two minutes (moderate pace).
- Maximum number of continuous push-ups.
- Run for two minutes (moderate pace).
- Maximum number of continuous pull-ups.
- Run for two minutes (moderate to fast pace).
- Maximum number of continuous sit-ups.
- Run for two minutes (moderate to fast pace).
- Maximum number of continuous body weight squats or lunges.

**Note:** This complete circuit should be repeated three to five times in one workout session with one to two minutes of rest between exercises and three to five minutes of rest between each complete circuit.

## **Testing Site**

FAST will be conducted at a test site that is flat, smooth, and free of debris, such as a high school track, local running trail, or other area where FAST can be administered fairly.

### **Running Track Recommendations**

Typically, a high school track will be used for the 1.5-mile run. If a high school track is not available, sound judgment will be used to select an alternate run course. Selected test sites will be free of significant hazards such as traffic, slippery road surfaces, and areas with heavy pollution. Running tracks and/or trails may be used to administer the 1.5-mile run event.

A 400-meter track will be preferable to ensure the test's required 1.5-mile distance (six laps) is completed. A treadmill may be used for the 1.5-mile run as a last resort or if deemed necessary by USPIS medical staff; however, all efforts will be made to run on a track or an outdoor surface.

## Medical Exception

All injuries and illnesses sustained before a scheduled FAST that would prevent FAST participation require at least a 72-hour notification to the USPIIS Medical Unit. If an individual sustains an injury or illness less than 72 hours before a scheduled FAST, notification to the CDU FAST Coordinator and/or designee must be made as soon as possible. All injuries and illnesses must be supported by acceptable medical documentation. Acceptable medical documentation will be evaluated and determined by the Inspection Service Medical Director or his or her designee. If acceptable medical documentation is not provided for any injury or illness preventing an individual from participating in FAST, the FAST will be recorded as a failure.

If an individual arrives at the scheduled FAST with an illness or injury, that individual will not be allowed to participate in FAST. Any individual who does not disclose an injury or illness and participates in FAST and does not achieve a passing score, will not be allowed to claim the preexisting injury affected their performance. The failing score will stand. If an individual suffers an injury or illness during FAST, that individual must immediately report the injury or illness to the FAST Coordinator or designee. The individual will immediately cease all FAST participation and will receive proper medical attention. The individual will be allowed to re-take the FAST when they are deemed able to do so by the USPIIS Medical Director or his or her designee. Acceptable medical documentation must be provided if an individual suffers an injury or illness during FAST participation. Acceptable medical documentation will be evaluated and determined by the Inspection Service Medical Director or his or her designee.

Applicants requesting reasonable accommodations related to FAST should submit written medical documentation to the Inspection Service Medical Unit. The documentation will be reviewed by the Inspection Service Medical Director or his or her designee or the United States Postal Service's (USPS) Reasonable Accommodations Committee (RAC). The applicant or designated health care professional will be given the opportunity to propose the specific accommodation needed to participate in the FAST. All reasonable accommodations will be reviewed on a case-by-case basis.

## FAST Exercise Explanations & Demonstrations

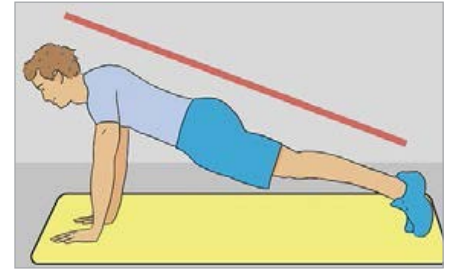
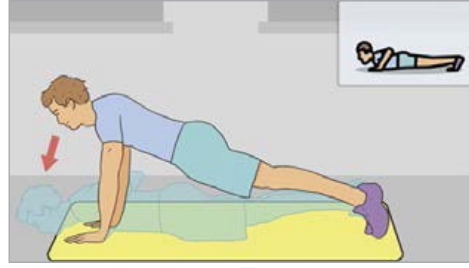
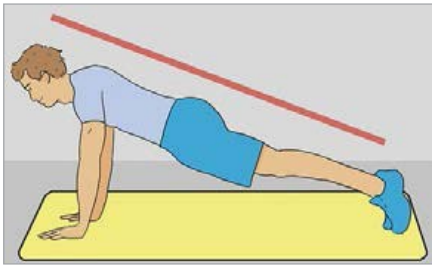
### Starting FAST

The CDU FAST Coordinator or designee will read all three event instructions prior to the start of the test and will demonstrate the push-up and sit-up. Please see the examples below:

#### ***Push-Ups:***

*Participants will assume the push-up position by placing their hands shoulder-width apart on the ground. The feet may be together or apart, but are fully extended, where the body is seemingly in a straight line from shoulders to ankles (when viewed from the side).*

*On the "BEGIN" command, bend the elbows, lowering the entire body towards the ground maintaining a straight line until the chest is approximately three (3) inches from the ground. Then raise the body back to the starting position, with arms fully extended. Repeat this movement in a continuous motion until unable to perform another push-up with the proper form. Failure to maintain the proper form (body generally straight with chest lowering down to approximately three (3) inches from the ground, and then full extension of arms back to the starting position) will not count as a full repetition. See demonstration below:*



### **Sit-Ups:**

Participants will assume the sit-up position by lying on their backs and placing their hands across their chest, with their shoulder blades on the ground. The knees are bent with feet on the ground. The feet may be together or shoulder-width apart, but contact with the ground must be maintained. A partner will hold the feet in place during the exercise.

On the “BEGIN” command, raise the upper body towards the thighs, in a crunching motion. Then lower the upper body back to the starting position. The elbows must touch the upper part of the thighs before lowering the upper body back to the starting position. The arms must stay attached to the chest when raising and lowering the upper body. Shoulder blades must touch the ground when returning to the starting position before beginning the next repetition. Repeat this movement in a continuous motion until unable to perform another sit-up with the proper form. Failure to maintain the proper form as mentioned above will not count as a full repetition. See demonstration below:



### **1.5 Mile Run:**

Participants will assume a good running position at the starting line. On a high school track, the participants will complete six (6) full laps, ending at the starting position, unless otherwise directed by the CDU FAST Coordinator or designee. If an alternate location or running trail is used, the participants will run 1.5 miles from the start to the finish line. If an alternate location or running trail is used, the CDU FAST Coordinator or designee will show all participants the start and finish lines before the 1.5-mile run begins.

On the “BEGIN” command, each participant will run 1.5-miles as fast as possible, beginning and ending at the appropriate points. Although the CDU FAST Coordinator and/or designee(s)

will be monitoring all participants, each participant will be responsible for keeping track of the laps or distance ran. The CDU FAST Coordinator or designee(s) will make a final determination if a discrepancy arises. If it is determined a participant did not complete the entire 1.5-mile distance, the participant will automatically fail the 1.5-mile event and subsequently fail the FAST.

## Sample Workout Routine

USPIS is committed to supporting any efforts towards physical wellness and overall wellbeing. Below is a weekly sample workout routine that can be used to improve overall health and wellness. This routine will assist in preparation for FAST, but will not guarantee a passing score.

**Monday      Tuesday      Wednesday      Thursday      Friday      Saturday      Sunday**

<b>WARMUP</b>	<b>WARMUP</b>	<b>WARMUP</b>	<b>WARMUP</b>	<b>WARMUP</b>	<b>WARMUP</b>	<b>REST</b>
<b>CIRCUIT TRAINING</b>	<b>AEROBIC TRAINING</b>	<b>CIRCUIT TRAINING</b>	<b>AEROBIC TRAINING</b>	<b>CIRCUIT TRAINING</b>	<b>AEROBIC TRAINING</b>	
<b>MUSCULAR STRENGTH AND ENDURANCE TRAINING</b>		<b>MUSCULAR STRENGTH AND ENDURANCE TRAINING</b>		<b>MUSCULAR STRENGTH AND ENDURANCE TRAINING</b>		
<b>COOL DOWN</b>	<b>COOL DOWN</b>	<b>COOL DOWN</b>	<b>COOL DOWN</b>	<b>COOL DOWN</b>	<b>COOL DOWN</b>	

### Avoiding Injuries:

To avoid injuries, USPIS recommends the following:

- **Include Warm-ups and Cool-Downs** – Each workout session should begin with a warm-up period of at least 5-10 minutes. This will prime the body for the workout to follow and increase performance while lowering the risk of injury. Each workout session should end with a cool-down period of at least 5-10 minutes. This will allow the body to transition back to a resting state and lower the risk of injury.
- **Choose Proper Footwear** – It is recommended to choose the proper footwear when engaging in physical activities, especially when running. Every effort should be made to find the proper running shoe fit. It is recommended to change running shoes every 300 miles.
- **Don't Overtrain** – Gradually increase the intensity level during training. Too much training in a short period of time or beginning a rigorous workout routine before the body is physically ready can lead to serious injury.
- **Use Proper Technique** – Bad exercise techniques can lead to injury. Every effort should be made to use the proper technique while exercising. Never sacrifice proper technique for faster times or increases in strength.
- **Maintain Muscle Balance and Overall Flexibility** – Overall health and physical

performance will decrease over time if muscles on one side of the body are substantially weaker than the other side. Joint and muscle inflexibility will also compromise overall health and physical performance. Engage in training that will promote muscle balance and overall joint and muscle flexibility. Stretching should be included in every workout.

- **Awareness of Overall Workout Conditions** – For every workout, be aware of workout conditions, such as location, surface, potential hazards, and weather conditions. Avoid extreme conditions such as training in excessive hot or cold temperatures, harsh running surfaces, and areas with frequent automobile traffic.

## ATTACHMENT 1 – Ability Group Score Chart

Ability Group	Score
Level 1 – Basic	0-139
Level 2 – Advanced Basic	140-179
Level 3 – Intermediate	180-219
Level 4 – Advanced	220-259
Level 5 – Elite	260-300

### New Applicant & BIT Student

100 pt. scale	Push-ups (M)	Push-ups (F)	Sit-ups (M)	Sit-ups (F)	1.5 Mile Run (M)	1.5 Mile Run (F)
100	62	42	55	51	09:10	10:20
99						
98	61	41	54	50	09:22	10:35
97						
96	60	40	53	49	09:34	10:50
95						
94	59	39	52	48	09:46	11:05
93						
92	58	38	51	47	09:58	11:20
91						
90	57	37	50	46	10:10	11:35
89						
88	56	36	49	45	10:22	11:50
87						
86	55	35	48	44	10:34	12:05
85						
84	54	34	47	43	10:46	12:20
83						
82	53	33	46	42	10:58	12:35
81						
80	52	32	45	41	11:10	12:50
79						
78	51	31	44	40	11:22	13:05
77						
76	50	30	43	39	11:34	13:20
75						
74	49	29	42	38	11:46	13:35
73						
72	48	28	41	37	11:58	13:50
71						
70	47	27	40	36	12:10	14:05
69						
68	46	26	39	35	12:22	14:20
67						
66	45	25	38	34	12:34	14:35
65						

64	44	24	37	33	12:46	14:50
63						
62	43	23	36	32	12:58	15:05
61						
60	42	22	35	31	13:10	15:20
59						
58	41	21	34	30	13:22	15:35
57						
56	40	20	33	29	13:34	15:50
55						
54	39	19	32	28	13:46	16:05
53						
52	38	18	31	27	13:58	16:20
51						
50	37	17	30	26	14:10	16:35
49						
48	36	16	29	25	14:22	16:50
47						
46	35	15	28	24	14:34	17:05
45						
44	34	14	27	23	14:46	17:20
43						
42	33	13	26	22	14:58	17:35
41						
40	32	12	25	21	15:10	17:50
39						17:54
38	31	11	24	20	15:22	18:05
37						
36	30	10	23	19	15:34	18:20
35						
34	29	9	22	18	15:46	18:35
33						
32	28	8	21	17	15:58	18:50
31						
30	27	7	20	16	16:10	19:05
29						
28	26	6	19	15	16:22	19:20
27						
26	25	5	18	14	16:34	19:35
25						
24	24	4	17	13	16:46	19:50
23						
22	23	3	16	12	16:58	20:05
21						
20	22	2	15	11	17:10	20:20
19						
18	21	1	14	10	17:22	20:35
17						
16	20		13	9	17:34	20:50

<b>15</b>						
<b>14</b>	19		12	8	17:46	21:05
<b>13</b>						
<b>12</b>	18		11	7	17:58	21:20
<b>11</b>						
<b>10</b>	17		10	6	18:10	21:35
<b>9</b>						
<b>8</b>	16		9	5	18:22	21:50
<b>7</b>						
<b>6</b>	15		8	4	18:34	22:05
<b>5</b>						
<b>4</b>	14		7	3	18:46	22:20
<b>3</b>						
<b>2</b>	13		6	2	18:58	22:35
<b>1</b>						
<b>0</b>	12		5	0	19:10	22:50

## ATTACHMENT 2 – Heat Index Guidance Chart

### TRAINING RECOMMENDATIONS BASED ON HEAT INDEX OF COMBINED HUMIDITY AND TEMPERATURE

**Green (80°-84.9)** – Utilize discretion in planning heavy exercise because the environment is at a marginal heat stress limit for all individuals.

- Heavy exercise for acclimatized personnel should be conducted with caution and under responsible supervision. Buddy system is recommended.
- Heavy exercise for acclimated personnel is unrestricted.
- Drink 1 quart of cool water per hour. Use 75% work and 25% rest for outdoor work (example: 45 minutes work and 15 minutes rest). Heat cramps and heat exhaustion possible with continued exposure.

**Yellow (85°-87.9°)** – Strenuous exercise and activity must be curtailed or markedly reduced for individuals not acclimated to a minimum of two weeks of heat exposure. Heat stress can occur.

- Strenuous exercise is limited to those acclimated 14 days or longer.
- Drink 1-2 quarts of cool water per hour. Utilize a partner when training and monitor each other's condition. Use 50% work and 50% rest\* (example: 30 minutes work and 30 minutes rest). Heat cramps likely. Heat stroke and heat exhaustion possible with continued exposure.

**Red (88°-89.9°)** – Strenuous exercise must be curtailed for all individuals with less than 12 weeks training in hot weather. Heat stress is likely to occur.

- All physical training should be halted for those who have not become thoroughly acclimated by at least 30 days of physical activity at this temperature. Those who are acclimated may carry on limited activity.
- Drink 2 quarts of cool water per hour. Use a "buddy system" and have teams monitor each other's condition. Use 25% work and 75% rest (example: 15 minutes work with 45 minutes rest). Heat stroke possible with continued exposure.

**Black (>90°)** – Physical training and strenuous exercise should be suspended for all individuals. Heat stress will occur in most cases.

- Outdoor work should be limited to critical missions only (requires commander approval). Use 25% work and 75% rest (example: 15 minutes work with 45 minutes rest). Use a "buddy system" and have teams monitor each other's condition. Drink 2 quarts of cool water per hour. Heat stroke likely with continued exposure.

