



**DEPARTMENT OF THE ARMY**  
**U.S. ARMY WHITE SANDS MISSILE RANGE**  
 Directorate of Emergency Services-Law Enforcement Division  
 384 Picatinny Avenue  
 WHITE SANDS MISSILE RANGE, NEW MEXICO 88002-5000

REPLY TO  
ATTENTION OF

**IMWE-WSM-ESL**

**Date:**

**MEMORANDUM FOR TRAINING SECTION**

**SUBJECT: Annual Ability Test 2009**

**WSMR Directorate of Emergency Services**

**In accordance with AR 190-56, The Army Civilian Police and Security Guard Program, dated 15 October 2009, and AMCPE-S (190), Physical Agility Testing for Civilian Security Force Personnel, dated 15 October 2009, the following individual has met all the training requirements set-forth:**

**Name:** \_\_\_\_\_

**The procedure and order for testing are –**

- a. Conduct warmup for three minutes.**
- b. Perform the pushups.**
- c. Rest for 10 minutes.**
- d. Conduct cardio warmup for two to three minutes.**
- e. Perform the run.**
- f. Conduct cardio cooldown for five minutes.**

**(1) 19 Push-ups in 2 minutes. Pass/Fail**

**(2) 1.5 Mile run in less than 17:00 minutes, 30 seconds. Pass/Fail**

**SECTION B – ACKNOWLEDGEMENT / CERTIFICATION OF AGILITY TEST RESULTS:**

**Applicant / Employee:**

\_\_\_\_\_  
**(Printed Name)**

\_\_\_\_\_  
**(Signature)**

\_\_\_\_\_  
**(Date)**

**Test Administrator:**

\_\_\_\_\_  
**(Printed Name)**  
**(Print E-Mail Address below)**

\_\_\_\_\_  
**(Signature)**  
**(Print Department or Agency Name and Address)**

\_\_\_\_\_  
**(Phone Number)**