

Gender and Age Standards for the NATO CPU August 2018

Shooting standards:

Regardless of gender and age

With a gun/pistol a total of 50 rounds 09mm will have to be shot at different distances in between 06 and 25 m from the target. The targets used are IPSC Metric targets (only A-Zone hits counts for score). The 50 rounds are split over different tests.

The agent needs 40 hits in the A-zone to reach the standard.

Female agents under the age of 40:

Cardiovascular test:

2800 meter run in maximum of 14 minutes and 25 seconds.

Strength test:

6 pull ups performed with a 10 kg ballistic vest within a time limit of 2 minutes.

6 dips performed with a 10 kg ballistic vest within a time limit of 2 minutes.

32 lunges with a 40 kg barbell within a time limit of 2 minutes.

6 deadlift with a 90 kg barbell within a time limit of 2 minutes.

For 2 minutes hold a static front bridge/plank position.

Swimming test:

With a time limit of 13 minutes, carry out a 300 m freestyle swim, followed directly by the recovery of an object from the bottom of the pool, followed directly by the simulated rescue of a person, towing them for a distance of 50 m.

Female agents above the age of 40:

Cardiovascular test:

2800 meter run in maximum of 15 minutes

Strength test:

6 pull ups performed with a 10 kg ballistic vest within a time limit of 2 minutes and 15 seconds

6 dips performed with a 10 kg ballistic vest within a time limit of 2 minutes and 15 seconds

32 lunges with a 40 kg barbell within a time limit of 2 minutes and 15 seconds

6 deadlift with a 90 kg barbell within a time limit of 2 minutes and 15 seconds

For 2 minutes hold a static front bridge/plank position.

Swimming test:

With a time limit of 13 minutes, carry out a 300 m freestyle swim, followed directly by the recovery of an object from the bottom of the pool, followed directly by the simulated rescue of a person, towing them for a distance of 50 m.

Male agents under 40 years of age:

Cardiovascular test:

2800 meter run in maximum of 12 minutes.

Strength test:

8 pull ups performed with a 10 kg ballistic vest within a time limit of 2 minutes.

8 dips performed with a 10 kg ballistic vest within a time limit of 2 minutes.

40 lunges with a 40 kg barbell within a time limit of 2 minutes.

8 deadlift with a 90 kg barbell within a time limit of 2 minutes.

For 2 minutes hold a static front bridge/plank position.

Swimming test:

With a time limit of 13 minutes, carry out a 300 m freestyle swim, followed directly by the recovery of an object from the bottom of the pool, followed directly by the simulated rescue of a person, towing them for a distance of 50 m.

Male agents over 40 years of age:

Cardiovascular test:

2800 meter run in maximum of 12 minutes and 30 seconds.

Strength test:

8 pull ups performed with a 10 kg ballistic vest within a time limit of 2 minutes.

8 dips performed with a 10 kg ballistic vest within a time limit of 2 minutes.

40 lunges with a 40 kg barbell within a time limit of 2 minutes.

8 deadlift with a 90 kg barbell within a time limit of 2 minutes.

For 2 minutes hold a static front bridge/plank position.

Swimming test:

With a time limit of 13 minutes, carry out a 300 m freestyle swim, followed directly by the recovery of an object from the bottom of the pool, followed directly by the simulated rescue of a person, towing them for a distance of 50 m.