

APPLICANT PHYSICAL PERFORMANCE EVALUATION

Warm-up Procedure

The warm-up will involve a light jog followed by active mobility drills. These will include high knees, butt kicks, side steps, knee drives, arm circles, chain punching, push-ups etc. The warm-up will be specific to the following physical tests. Following the warm-up a series of static/dynamic stretches covering the major muscle groups will be completed.

1. Abdominal Strength Test (Sit-up)

The abdominal strength test requires the applicant to lie on the floor on their back with both arms crossed over the chest with hands in contact with the shoulders. The knees must be raised up to an angle of approximately 90 degrees, keeping both feet flat on the ground.

The applicant is required to sit up, bringing their elbows up to the knees. Both feet must remain in contact with the ground throughout the sit-up. Feet are not to slip/slide or lift off the ground.

Only one sit-up is required to pass this test. Each applicant is given three attempts to achieve competency. If an applicant is not successful after the third attempt they will not be able to participate in the bag lift test due to an identified risk of potential injury.

2. Beep Test

The Beep Test is a test designed to assess cardiovascular fitness. This exercise is carried out on a flat, non-slip surface between two markers placed 20 meters apart. Applicants are required to run between the markers in time with a CD or iPod.

Beginning at Level 1, applicants must progress through each level and the required number of laps to the minimum level required for their age and gender. A 'safety' marker, two (2) meters short of the markers at each end, is used to determine whether the applicant is adequately paced with the timing of the test. If the applicant does not reach the safety marker by the time the beep sounds they are to be called 'short'.

If the applicant does not reach the safety marker on two successive beeps then they are to be removed from the test. Hence, if the applicant reaches the safety marker after they are called 'short' then they are allowed to continue. Please note lap time decreases for each level. Only one attempt is given for this test.

Beep Test Required Levels

Recruit Applicants			
Males		Females	
Age	Level	Age	Level
18 - 29	10.1	18 - 29	7.1
30 - 39	9.1	30 +	6.1
40 +	8.1		

Auxiliary Applicants	
Males	Females
6.01	5.01

Cadet Applicants			
Males		Females	
Age	Level	Age	Level
16 - 17	9.05	16 - 17	6.05
18	10.1	18	7.1

3. Grip Strength

An adjustable dynamometer is used to measure grip strength. The individual, using a hammer grip, will grip the apparatus commencing with their dominant hand and then progressing to their non-dominant hand. The arm stays by their side with a 90 degree bend at the elbow. The applicant squeezes as hard as possible for approximately 3 seconds.

Two attempts may be conducted on each side with a minimum of 30kg on both left and right sides required for competency in the test. The second attempt will only be used if the applicant is unsuccessful on the first attempt.

Cadet applicants are not required to undertake this test.

4. Push-up

Applicants are required to perform a certain number of push-ups. This task will assess upper body strength in a pushing phase and the individual's ability to support their body weight.

The applicant must begin in the 'up' position on toes, whilst keeping legs straight and feet together. The arms should be straight with hands slightly wider than shoulder distance. The individual will lower their body until the arms are at a 90 degree bend or less, keeping the body straight at all times and then returning to the start position. This counts as one repetition. Applicants must keep the body straight, lower sufficiently, fully return to the start position and/or pause for no longer than 3 seconds between repetitions.

A limit of three consecutive unsuccessful push-ups will apply. If the applicant performs three successive pushups utilizing incorrect technique they will be deemed not competent in the test. If an applicant is not showing correct form they will be provided with feedback during the test. Only one attempt is given for this test.

Push-Ups	
Recruit Applicants Male/Female	Auxiliary/Cadet Applicants Male/Female
10	5

5. Bag Lift and Carry (35kg)

Applicants are required to lift a 35kg Aqua bag with correct lifting technique. Once they have lifted the bag they are to walk with it at hip height for a distance of 20m and place it safely on a table approximately 70cm in height.

The applicant is only allowed to walk with the bag and can be deemed unsuccessful in this test for any of the following reasons; incorrect lifting technique, inability to carry the bag in a safe manner or if the bag is dropped at any time during the test.

Two attempts will be given for this test.

6. Modified Illinois Agility Test

The Modified Illinois Agility Test is a maximal capacity test used to assess your ability to change direction under speed. It requires the applicant to move their body in space accurately and rapidly via changes of speed and direction within a horizontal plane.

Agility			
Maximal Allowable Time (Seconds)			
Recruit/Cadet Applicants		Auxiliary Applicants	
Male	17.00	Male	21.00
Female	18.90	Female	23.20

The test protocol is as follows:

The applicant lies down on his/her stomach, head and hands behind the start line with chest in contact with the ground. Feet can be in any position that will get you off the ground the fastest as long as the chest stays in contact with the ground.

On the call of 'Ready -Go', the applicant is required to get up as quickly as possible and sprint from the **START** line to a **FAR** line that is 9.14 metres away. The applicant runs around a small cone (coloured red in adjoining image) placed on the line and then sprints back to the start line.

The applicant runs around the green/yellow cone situated on the **START** line before completing a zigzag pattern by weaving through a series of cones (coloured green/yellow) to the **FAR** line. The applicant runs around the green/yellow cone situated on the **FAR** line before returning in the same manner. NB When commencing the first zigzag, applicants run to the right of the first cone.

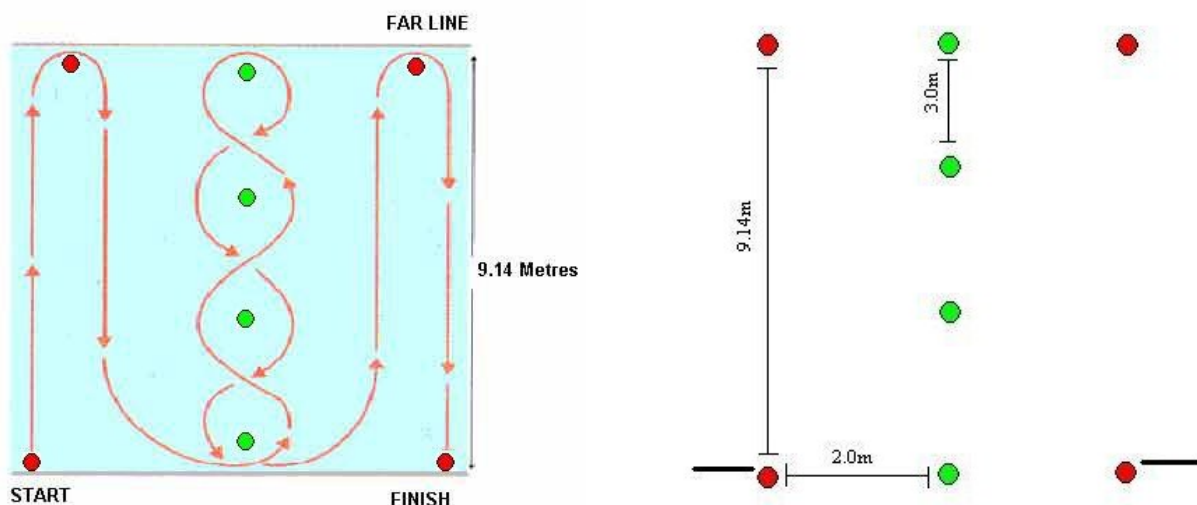
The applicant then repeats a straight line sprint to the **FAR** line where after running around the small cone on the line, he/she then sprints to the **FINISH** line to complete the test.

The timer is started on the call of "Go" and stopped when the applicant crosses the finish line.

An applicant can be deemed unsuccessful in this test for any of the following reasons:

- Does not complete within the required time
- Runs the course the wrong way i.e. forgets to weave on the way back
- Makes contact with any of the cones
- Does not run two feet around the outside of all cones

Applicants are provided with two attempts in this test. If they are successful on their first attempt then they do not require the second attempt, however if they are unsuccessful on the first attempt then they are allowed the second attempt.



Test	What it is testing?	Role/Job Specific
Sit-up Test	<ul style="list-style-type: none"> • Abdominal/Core Strength • Lower Back Mobility 	<ul style="list-style-type: none"> • Ability to Safely carry Police Accoutrements • Injury Prevention
Beep Test	<ul style="list-style-type: none"> • Cardiovascular Fitness • Physical Efficiency 	<ul style="list-style-type: none"> • Pursuing Offenders • Dealing with Resisting Offenders • Working Under Duress • Ability to walk long distances over an extended period of time (foot patrols) • Activities of daily living
Grip Strength	<ul style="list-style-type: none"> • Grip Strength 	<ul style="list-style-type: none"> • Safe use of Police Accoutrements • Handling Offenders
Push Up Test	<ul style="list-style-type: none"> • Upper Body Strength/Endurance • Core Strength 	<ul style="list-style-type: none"> • Obstacle Negotiation • Handling Offenders • Effecting Arrest • Safe use of Police Accoutrements
Bag Lift and Carry (35kg)	<ul style="list-style-type: none"> • Lower Body Strength/Endurance • Upper Body Strength/Endurance • Core Strength 	<ul style="list-style-type: none"> • Handling Offenders • Effecting Arrest • Manual Handling
Agility Test	<ul style="list-style-type: none"> • Speed and Agility • Change of Direction • Mobility 	<ul style="list-style-type: none"> • Pursuing Offenders • Effecting Arrest • Negating Obstacles • Tactical Movement/Positioning