

Physical Evaluation Information

The physical evaluation assesses the capacity of the applicants to undertake Academy training. The time and date to undergo this evaluation process is provided in writing to each applicant, along with instructions and a medical clearance form to be completed by their own doctor prior to undertaking the physical evaluation.

To pass the evaluation, **all exercises must be completed successfully on the same day**. Failure to successfully complete any one element during this evaluation eliminates the applicant from passing and he/she will need to return another day. If the applicant fails one of the elements, they may still complete the remaining exercises just as a practice. You will not however be allowed to attempt the Crowd Control Simulation if you have been unsuccessful in the Abdominal Strength Rating. Unsuccessful applicants, who wish to be retested on another day, are required to discuss the matter with staff from the Police Recruiting Branch.

The physical fitness evaluation requires a high standard of physical fitness, sharp reflexes and agility and consists of the following components.

Warm Up Preparation

On arrival at the Police Academy, all applicants will be marked off a list as being present and then advised of the evaluation events to be undertaken. Prior to commencement of the evaluation and under the instruction of a physical instructor, applicants will be guided through a thorough warm up session to ensure all participants are prepared for the tests they are about to undertake. The warm-up will involve a light jog followed by active mobility drills, consisting of high knees, butt kicks, side steps, knee drives, arm circles, chain punching, push-ups etc. The warm-up will be specific to the battery of tests.

Following the warm-up, a series of static stretches covering the major muscle groups will be completed prior to the evaluation process commencing as follows:

Abdominal Strength Rating

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



The applicant is then required to sit up, bringing their chin up to the knees and hold that position for three seconds. Both feet must remain flat on the floor throughout this sit-up.

Only one sit-up is required to pass this test. Each applicant is given three attempts to pass.

Firearm Pre Selection Criteria

To test the minimum strength required to operate a "Glock" handgun, applicants are required to hold and operate a police-issue firearm in the following manner:

- The applicant will hold the Glock with the arm fully extended at right angles to the shoulder and parallel to the ground. The Glock must be held steady when dry firing (no ammunition) in a manner as directed by the examiner.
- The trigger must be fired ten times. After each trigger fire, the slide mechanism on the Glock must be "racked" (this involves pulling back a slide mechanism on the Glock and then releasing it).
- The applicant must now demonstrate that they can "rack" the Glock and hold the slide mechanism in the open position for three seconds and repeat three times.



Only one attempt is given for this test.

Crowd Control Simulation

Applicants are required to pull and push a suspended 20 kilo weight on a body control machine through a series of twelve 180-degree arcs (simulates pulling/pushing a person). Six arcs are done in a pushing movement, followed by six arcs in a pulling movement.



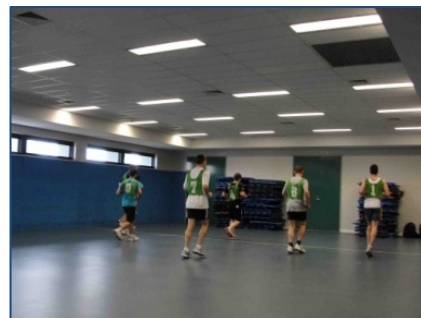
Only one attempt is given for this test.

Shuttle Run (Beep Test)

The shuttle run, commonly known as the “beep test” is designed to test 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 an audiotape or CD.

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. Only one attempt is given for this test.



Required Shuttle Run Levels

| Males | | Females | |
|-------|-------|---------|-------|
| Age | Level | Age | Level |
| 19-29 | 10.1 | 19-29 | 7.1 |
| 30-39 | 9.8 | >29 | 6.1 |
| >39 | 8.1 | | |

Number of laps required for each level

| Level | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
|-------|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|
| Laps | 7 | 8 | 8 | 9 | 9 | 10 | 10 | 11 | 11 | 11 | 12 | 12 | 13 | 13 | 13 |

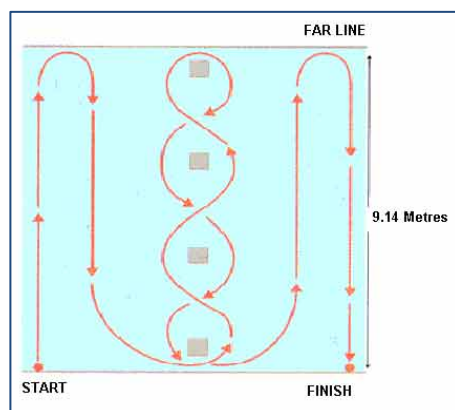
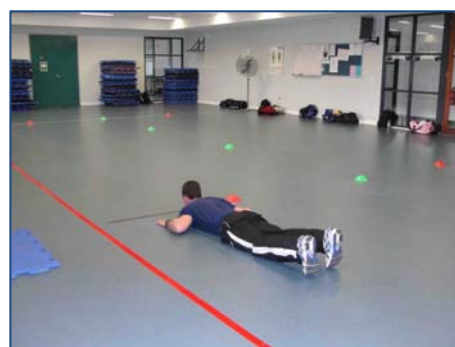
Example: To attain Level 10 - 83 x 20 metre laps will have been completed. NB: Lap time decreases for each level.

Modified Illinois Agility Test

The Modified Illinois Agility Test requires an individual to move their body in space accurately and rapidly via changes of speed and direction within a horizontal plane.

The test protocol is as follows:

- The applicant lies down on his/her stomach, facing the start line with legs extended behind the body. Hands are placed next to the shoulders.
- On the ‘start’ command, the applicant is required to rise 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.
- After running around the small cone placed on the start line (coloured red), the applicant then completes a zigzag pattern by weaving through a series of four (4) cones (coloured green) to the far line and then return 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 back to the start line to complete the test.



Applicants are provided with two attempts and the fastest time recorded.

Maximum allowable time

- Females – 18.9 seconds
- Males – 17.0 seconds.