

WESTERN AUSTRALIA POLICE

PERTH WATCH HOUSE PHYSICAL TEST



Task 1 - Abdominal Strength (Sit-up)

Protocol

- ✦ Starting position requires you to be lying on your back on the floor with your arms crossed over your chest and hands resting on shoulders. Raise your knees up to an angle of approximately 90 degrees, keeping your feet flat on the ground.
- ✦ You are then required to sit up, bringing your elbows to rest on top of your knees and hold that position for three seconds. Your heels & toes must remain flat on the floor & arms crossed throughout the movement and your hands must remain in contact with shoulders at all times.
- ✦ You will be given three attempts to complete this exercise. If you do not successfully complete the sit-up after three attempts, you will be given the opportunity to complete Task 2 - Dead Lift (55kg).



Task 2 - Dead Lift (55kg)

Protocol

- ✦ Applicants are required to safely lift a 55kg weight on a barbell off the ground, using a standard Dead Lift technique as explained on the day. The applicant is required to perform one Dead Lift using a 25kg Barbell as a warm up lift initially.
- ✦ The key technical points to this lift are that: feet should be shoulder width apart and flat on the floor. From a squat position the bar is grasped using a closed over hand grip with arms extended, the bar is then lifted by extending the knees and hips keeping the bar close to the shins/body. Throughout the movement a flat back posture is adopted, this is achieved through pulling shoulder blades back toward each other, holding the chest up and out, engaging core muscles and tilting head slightly up.
- ✦ The lift should not pause at any time during its ascent, and the decent should be performed in the same technical manner.

- ✦ Only one lift for each weight is required to pass this test and each applicant is given one attempt to complete this exercise. If you do not successfully complete the 55kg Dead Lift, you will not be able to continue any further in the physical testing.

Task 3 - Grip Strength

Protocol

- ✦ An adjustable dynamometer is used and adjusted to fit size of subjects' hand.
- ✦ The test will initially be completed with you holding the dynamometer with your dominant hand and progressing to your non dominant hand.
- ✦ The start position is arm extended above the head and when ready, the applicant applies a maximal contraction by squeezing the handle as hard as possible whilst lowering the arm through a 180 degree arc to the count of three. The arm must remain locked, straight at the elbow and not touch the hip and thigh area. Each applicant is given two attempts to successfully complete this task for each hand.
- ✦ Applicants are required to achieve a minimum average score of 30kg from each hand to attain competency in this task.



Task 4 - Upper Body Dynamic Strength/Endurance

a) Push ups (Male or Female version)

Protocol - Male

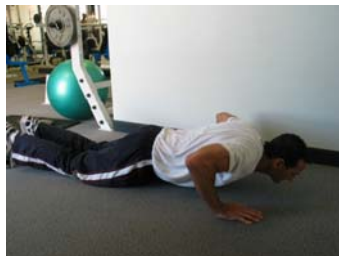
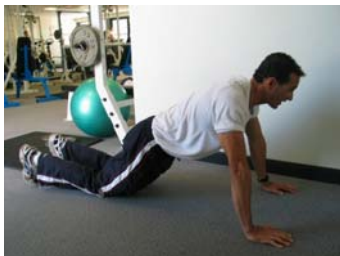
- ✦ Applicants are required to complete six repetition pushups to a 2 second cadence.
- ✦ Starting position is the standard push up position. Arms should be straightened; hands flat on ground approximately shoulder width apart, legs straight, feet no wider than hip width and toes supporting weight of legs. The body should remain straight throughout the full movement and core engaged at all times.

- ★ Applicants are required to lower and touch their chest on the top of a dome cone (10cm height) placed directly between subject hands and under chest and return to start position to complete one repetition. Subject is not allowed to lie on floor or rest between repetitions.
- ★ Repetitions should be controlled and continuous. A push up must be completed fully to be counted as repetition and warnings provided to correct technique.



Protocol - Female

- ★ Applicants are required to complete six repetition push ups to a 2 second cadence.
- ★ Starting position is the modified push up position. Arms should be straightened; hands flat on ground approximately shoulder width apart, knees bent on floor with body weight leaning forward towards hands, feet no wider than hip width and toes supporting weight of lower legs. The body should remain straight throughout the full movement and core engaged at all times.
- ★ Applicants are required to lower and touch their chest on the top of a dome cone (10cm height) placed directly between subject hands and under chest and return to start position to complete one repetition. Subject is not allowed to lie on floor or rest between repetitions and an incorrect attempt will be when the hips remain higher than the chest during pushup.
- ★ Repetitions should be controlled and continuous. A pushup must be completed fully to be counted as a repetition and warnings provided to correct technique.



b) Pull ups (Male or Female version)

Protocol - Male

- ★ Applicants are required to complete six repetition pull ups to a 2 second cadence.
- ★ Starting position is supine with shoulders directly under bar (set no less than 2 inches from above reach) with bar grasped in an underhand grip, body extended and only heels touching ground.
- ★ Body is pulled up towards the bar until the chest touches a piece of string/band hanging 10 cm below the bar and then arms are extended to return body to start position and complete one repetition. The body should remain straight throughout the full movement and not flex or make a 'wave' motion and core should be engaged at all times. Warnings will be provided to correct technique.
- ★ Repetitions should be controlled and continuous and only repetitions completed with correct technique will be counted.



Protocol – Female

- ★ Applicants are required to complete six repetition pull-ups to a 2 second cadence.
- ★ Starting position is supine with shoulders directly under bar (set no less than 2 inches from above reach) with bar grasped in an underhand grip, knee bend at 90 degrees and feet flat on floor.
- ★ Body is pulled up towards the bar until the chest touches a piece of string/band hanging 10 cm below the bar and then arms are extended to return body to start position and complete one repetition. The body should remain straight throughout the full movement and not flex or make a 'wave' motion and core should be engaged at all times. Knee position should remain in start position with only a slight rise. Warnings will be provided to correct technique.
- ★ Repetitions should be controlled and continuous and only repetitions completed with correct technique will be counted.



Task 5 - Agility Test

Protocol

1. On the command of 'go', run around outside perimeter of orange cones back to start/finish position (6m x 6m)
2. Run diagonally to red cone, touch ground with left hand, turn to right and run to green cone
3. Touch the ground next to green cone with left hand, turn to right and weave in and out of yellow cones until you come to red bag
4. Pick up red bag (40kg) from ground using correct lifting technique, turn to your left and carry bag 3m to orange cone. Place bag on ground next to orange cone with correct technique
5. Turn to your left and run to start/finish orange cone
6. Time to successfully complete task is equal to or less than 25 seconds.

