

INFORMATION FOR THE MEDICAL PRACTITIONER

WESTERN AUSTRALIA POLICE

PHYSICAL TESTING

CUSTODY OFFICER / OPERATIONS MANAGER APPLICANTS

The bearer of this letter is an applicant for a position as a Custody Officer or Operations Manager at the Western Australia Police Perth Watch House and is now required to undergo a physical test as part of the selection process.

Details of the activities that are required to be performed during the physical test are attached to this letter.

Applicants are required to produce a medical certificate from a qualified medical practitioner prior to being permitted to undertake the physical test. The medical certificate must provide confirmation that the applicant is physically capable of participating in the evaluation.

If, upon examination of the applicant, you are satisfied that the applicant is capable of participating in the evaluation, please complete the attached medical certificate. The certificate should be returned to the applicant, who is responsible for providing it to the organisation conducting the physical test on behalf of WA Police.

Thank you for your co-operation and assistance.

If you any queries please contact WA Police on (08) 9301 9630.

MEDICAL PRACTITIONER CERTIFICATE

WESTERN AUSTRALIA POLICE APPLICANT PHYSICAL TESTING COMPONENTS

1. **Abdominal Strength** - One unsupported sit-up, or
2. **Dead Lift** - one x 25kg and one x 55kg weighted barbell lift from the ground using standard Dead-lift technique
3. **Grip Strength** - Grip dynamometer strength test (average of 30kg across dominant and non-dominant hand)
4. **Crowd Control Simulation** - Pull/push minimum suspended weight (20 kg) on Body Control machine through a series of 180-degree arcs (simulates pulling/pushing person)
5. **Agility Test** - Applicants are required to demonstrate an ability to move their body and change direction quickly within a confined space of 6m x 6m. Movements involve acceleration, stopping, negotiation of obstacles (weave in and out of cones), lift and carry 40kg weight for a distance of 3 metres. Completion time of test is equal to or less than 25 seconds.

APPLICANT SUITABILITY TO UNDERTAKE PHYSICAL TEST

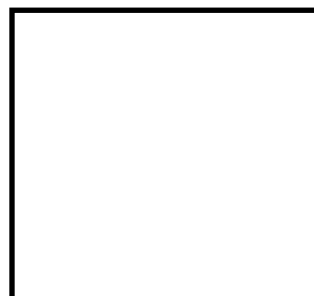
To the Commissioner of Police,

I am of the opinion that;

Name:		
Street:		
Suburb:		
State:		Postcode:

is physically capable, (given sufficient time for recovery and an intelligent application of the test) of undertaking a job related physical test as outlined in the attached notice to medical practitioner.

Medical Practitioner
Date / /



Please place your
business stamp in this
box.