

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.

The failure to successfully complete any one test during this evaluation eliminates the applicant from completing any further tests during that day. If an applicant that has failed a test wishes to be tested again on another day, they are required to discuss the matter with staff from the Police Recruiting Branch who will arrange testing at a future time and date to be set.

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.

Included in that warm-up process is a slow jog and muscle conditioning.

Once the warm up has been completed, the evaluation process commences as follows:

Abdominal Strength Rating

The abdominal strength test consists of lying on the floor on your back with your arms crossed over your chest. 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 chin up to your knees and hold that position for three seconds. Your 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, if they do not pass in the three attempts, they are not able to continue the evaluation that day.

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 manner demonstrated. The firearm must be held steady when dry firing (no ammunition) in a manner as directed by the examiner.



Crowd Control Simulation

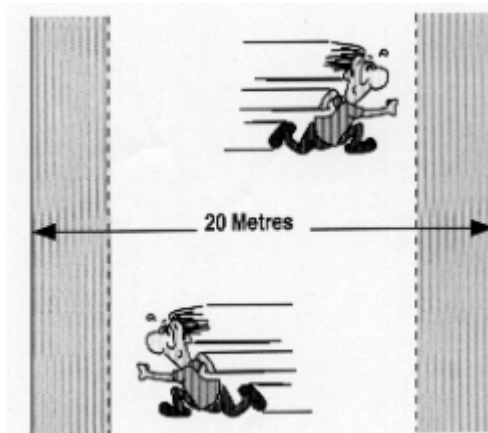
Applicants are required to pull and push a suspended weight on a body control machine through a series of 180-degree arcs (simulates pulling/pushing a person).

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 metres 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.



Level	Laps	Required Shuttle Run Levels
1	7	Males
2	8	19 - 29 years level
3	8	10.1
4	9	30 - 39 years level
5	9	9.1
6	10	40 yrs & over level
7	10	8.1
8	11	
9	11	Females
10	11	19-29 years level
11	12	7.1
12	12	30 yrs & over level
13	13	6.1
14	13	
15	13	



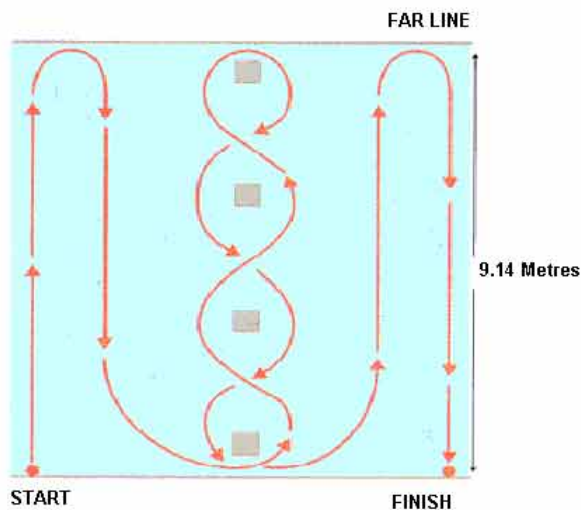
Example: to attain Level 10 - 83 x 20 metre laps will have been completed. Note: Lap time decreases for each level.

Modified Illinois Agility Test

The Modified Illinois Agility Test requires an individual to move his or her 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 their body. Hands are placed next to their 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 places one foot on the far line then sprints back to the start line.
- The applicant then completes a zigzag pattern by weaving through a series of four (4) cones to the far line and then return in the same manner
- The applicant then repeats a straight line sprint to the far line, touching it with one foot and sprinting back to the finish line to complete the test.
- Applicants are provided with two attempts and the fastest time recorded.



Maximum allowable time

Females	Males
17.5 seconds	15.9 seconds