

Fact Sheet

WA Police Force Recruiting

APPLICANT PHYSICAL PERFORMANCE EVALUATION

The Physical Performance Evaluation will be controlled and assessed by a qualified Physical Training Instructor from the WA Police Academy. The evaluation will be conducted in an open air pavilion area.

You will be instructed to undertake a warm up that involves 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. Following the warm-up a series of static/dynamic stretches covering the major muscle groups will be completed.

1. Modified Illinois Agility Test

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

Recruit and Cadet Applicants		Custody Support Applicants	
Male	17.00	Male	21.00
Female	18.90	Female	23.20

You will lie down on your stomach with your head and hands behind the start line and your chest in contact with the ground. Your feet can be in any position that will get you off the ground but your chest must stay in contact with the ground.

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

You will continue around the first green cone placed on the **START** line (running to the right of the cone) before completing a zigzag pattern by weaving through the series of green cones to the **FAR** line. You will then run around the green cone at the **FAR** line before repeating this sequence.

You will then repeat a straight line sprint to the **FAR** line where after running around the small cone on the line, you then sprint to the **FINISH** line to complete the test.

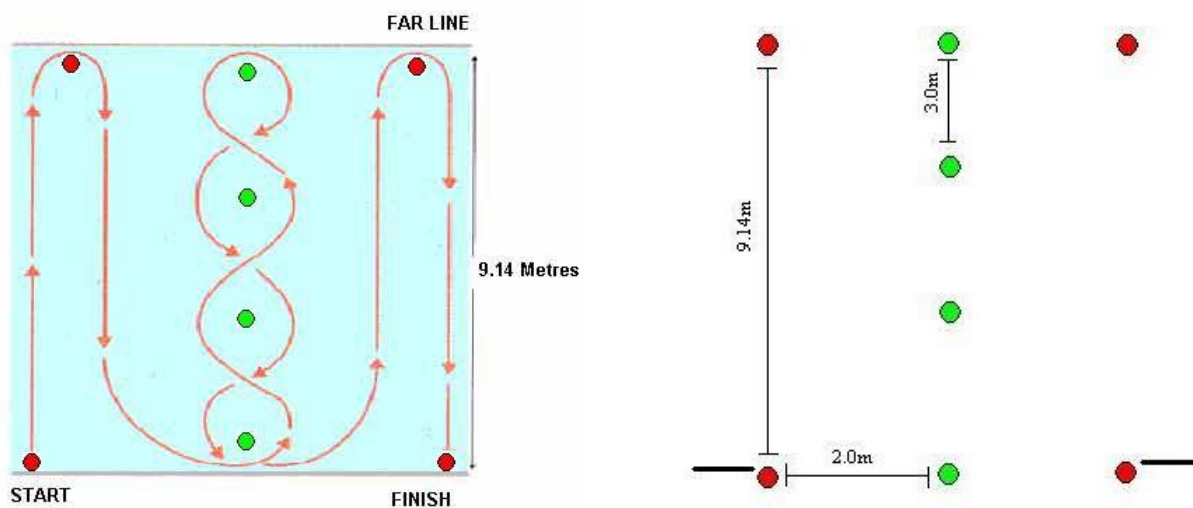
The timer is started on the call of 'Go' and stopped when you cross the finish line.

You will be deemed unsuccessful in this test for any of the following reasons, if you:

- Do not complete the course within the required time
- Run the course the wrong way, for example, you forget to weave on the way back
- Make contact with any of the cones
- Do not run two feet around the outside of all cones

Two attempts will be given for this test.

Agility Test Illustration



2. Abdominal Strength Test (Sit-Up)

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

You are required to sit up, bringing your elbows up to your knees. Both feet must remain in contact with the ground throughout the sit-up. Your feet are not to slip/slide or lift off the ground.

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

3. Push-Up

You will be required to perform a certain number of push-ups (see the table below), to assess your upper body strength in a pushing phase and your ability to support your body weight.

You must begin in the 'up' position on your toes, whilst keeping your legs straight and feet together. Your arms should be straight with your hands slightly wider than your shoulder distance. You will lower your body until your arms are at a 90 degree bend or less, keeping your body straight at all times and then returning to the start position. This counts as one repetition. You must keep your body straight and lower sufficiently, fully returning to the start position. You cannot pause for more than 3 seconds between repetitions.

If you perform three consecutive pushups utilising incorrect technique you will fail the test.

Only one attempt is given for this test.

Push-Ups	
Recruit Applicants Male/Female	Custody Support and Cadet Applicants Male/Female
10	5

4. Grip Strength

An adjustable dynamometer is used to measure grip strength. Using a hammer grip, you will grip the apparatus starting with your dominant hand and then using your non-dominant hand. Your arm will stay by your side with a 90 degree bend at your elbow. You will squeeze the hammer grip as hard as possible for approximately 3 seconds.

Two attempts may be given on each side with a minimum of 30kg on both left and right sides required for you to pass this test. The second attempt will only be used if you are unsuccessful on the first attempt.

Custody Support and Cadet applicants are not required to undertake this test.

5. Bag Lift and Carry (35kg)

You are required to lift a 35kg Aqua Bag with the correct lifting technique. Once you have lifted the bag correctly you are required to walk with the bag at hip height for a distance of 20m and place it safely on a table approximately 70cm in height. You must ensure this weight is always carried on your hips.

You are only allowed to walk with the bag and will be deemed unsuccessful in this test for any of the following reasons:

- Incorrect lifting technique
- Inability to carry the bag in a safe manner
- If you drop the bag at any time during the test

Two attempts will be given for this test.

6. 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 lines 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. If the applicant does not reach the 20m line by the time the beep sounds they are to be called 'short'.

If the applicant does not reach the 20m line on two successive beeps then they are to be removed from the test. Hence, if the applicant reaches the 20m line 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.

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		

Custody Support Applicants	
Males	Females
6.01	5.01

Cadet Applicants			
Males		Females	
Age	Level	Age	Level
17	9.05	17	6.05
18 - 29	10.1	18 - 29	7.1
30 - 39	9.1	30 +	6.1
40 +	8.1		

PPE Test Components

The PPE is made up of 6 individual assessments which will determine your competency in regard to the role/job specific components as follows:

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