



NSW Police
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LITERACY TESTING

In order to maintain your professional suitability you are required to undertake a literacy assessment on the same day as physical capacity testing (PCT). The result forms part of the criteria by which you will be ranked for entry into the Associate Degree in Policing Practice.

The test is approximately one (1) hour in duration and is divided into three (3) components.

Time Limit:

Part 1: Spelling - 12 minutes

Part 2: Punctuation - 15 minutes

Part 3: Essay (no more than 2 pages) - 30 minutes

Further detailed information can be obtained from Charles Sturt University at:

<http://www.csu.edu.au/division/studserv/learning/resources.htm> in the CSU Learning Skills website. Click on any or all of the resources for prospective policing students. Resources include handouts to improve spelling ability and punctuation.

<http://www.csu.edu.au/division/studserv/learning/essay.htm> for advice on the features of a good essay.

PHYSICAL CAPACITY TESTING

Please be advised that as a professional suitability applicant you will be required to undertake a number of physical tests to determine your ability to perform the physical demands inherent to operational policing. The physical assessments are explained below and include details of the rating/points system. Prior to any applicant taking part in the Physical Capacity Testing, medical clearance is a mandatory requirement.

It is suggested all applicants seek advice from a GP or qualified fitness instructor prior to conducting training.

BEFORE TESTING YOU:

- Should **NOT** eat at least two hours prior to the test.
- **MUST** wear suitable athletic clothing and footwear to prevent slipping. Double knots in shoelaces to stop them from coming loose during the test.
- Should **NOT** undertake heavy training the day previous to testing.
- Should **NOT** consume alcohol or cigarettes prior to testing.

PASS MARK:

In order to meet minimum requirements, you must pass every test and achieve 44 points out of a possible 110 for entry to ADPP. Prior to attestation as a Probationary Constable you are required to achieve 55 points out of possible 110.

For each exercise, the following information supplies advice on techniques required and the number of points available for each level achieved.

TEST 1: HANDGRIP STRENGTH

Testing Technique:

- Standing in an upright position, the straight arm is positioned alongside the body, shoulders are square and feet slightly apart. The dynamometer is squeezed vigorously, exerting maximum force. The body cannot be used as leverage. The highest score of two readings is recorded for both left and right hands.

Related Information:

Participants can suffer injuries due to their wearing inappropriate jewellery such as rings and bracelets.

Points:

HAND		Left	Right	Left	Right	Left	Right	Left	Right	Left	Right
POINTS	Fail	0.5	0.5	1	1	1.5	1.5	2	2	2.5	2.5
KG	<30	≥30	≥30	≥35	≥35	≥40	≥40	≥45	≥45	≥50	≥50



TEST 2: SIT AND REACH

Testing Technique:

- This is a cold test, ie. you are not permitted to warm up or stretch.
- Sit on floor and place both feet (without shoes) against the vertical sit and reach box.
- With elbows and knees locked, one hand on top of the other, slowly and smoothly flex the trunk and hips and stretch as far as possible, sliding both hands along the scale.
- Jerking and double movements are not permitted. You must hold for 3 second.
- The best score of two attempts is recorded.

Related Information:

The participant is not permitted to warm-up for this test, as test procedures require measurements to be taken 'cold'. We also require a maximum effort. There is, therefore, a slightly higher risk of sustaining injuries to the lower back and the hamstring muscles.

Points:

POINTS	Fail	2	4	6	8	10
LEVEL	<-10	≥-10	≥-3	≥+4	≥+11	≥+18

TEST 3: VERTICAL JUMP

Testing Technique:

- The participant stands side on to the jump board. With feet flat and hip width apart, one foot touching the wall, the participant lifts the dominant arm and the height of the standing reach is recorded.
- After dipping fingertips in water, the participant then crouches and jumps as high as possible without taking a step, marking the jump board at the peak of the leap. The arms are used to propel the body upwards. The jump height is recorded.
- The score is calculated by deducing the standing reach height from the jump height. The best of two attempts is recorded.

Related Information:

Participants can suffer injuries to their ankles and knees should they land incorrectly. There is also a minor risk of soft tissue injury to the calf and front and back thigh muscles.

Points:

POINTS	Fail	2	4	6	8	10
LEVEL	<30	≥30	≥35	≥40	≥45	≥50

TEST 4: ABDOMINAL STRENGTH

Testing Technique:

- The test is a progressive, one repetition maximum (1RM) test of abdominal strength. The participant starts at Level 1 and progresses to the next level and so forth until they come to a level they cannot perform correctly.
- Both feet must stay flat on the floor.
- Knees are to stay together and at right angles between the thigh and the lower limb.
- No jerking movements, such as throwing the head or arms overhead.
- No lifting hips off the floor.
- Two attempts at each level.
- The participant lies in a supine position on the floor or mat with knees bent and hands resting on the front of the thighs.
- The participant tilts the pelvis back to flatten the lower back onto the floor, then tilts the head forward and smoothly flexes the trunk in a slow controlled manner until Level 1 is completed, pausing at the top then the participant returns to the starting position in a slow controlled manner.
- If the sit-up was successful, the participant is then ready for the next level.

Level 1: Arms are held straight out, resting on the participant's thighs. The participant slowly contracts the abdominals as the hands are moved up the thighs until the wrists are at the level of the knees.

Level 2: Arms are held straight out, resting on the participant's thighs. The participant slowly contracts the abdominals as the hands are moved up the thighs until the elbows are at the level of the knees.

Level 3: Arms are folded at right angles across the participant's abdominals with hands holding opposite elbows ("I Dream of Jeannie"). The chin is then tucked into the chest. As the abdominals are contracting and the upper body is moving towards the knees, arms are held in that position as the chest touches the knees and the forearms pass over the knees.

Level 4: Arms are crossed on the chest with hands holding opposite shoulders. The chin is tucked into the chest. Maintaining the elbows in their position, the abdominals are contracted and the upper body is moved until the elbows meet with the knees.

Level 5: Arms are flexed behind the head crossed over with hands sitting on each shoulder blade. The chin is tucked into the chest. With control, the abdominals are contracted and the upper body is moved until the chest touches the knees.

Related Information:

Participants can suffer injuries to their lower back as a result of incorrect technique.

Points:

POINTS	Fail	2	4	6	8	10
LEVEL	0	1	2	3	4	5

TEST 5: PUSH-UP

Testing Technique:

- **Start position on toes:** Arms straight, hands flat approximately shoulder width apart, legs straight, feet together with toes supporting the weight of the legs. The body is straight from the shoulders, through the hips to the heels, which is maintained throughout the test.
- **Action:** Lower the body until elbows are flexed at right angles (90 degrees) or below and extend the arms returning the body to the start position. The repetitions must be slow, continuous and controlled.
- **Start position on knees:** Arms straight, hand flat approximately shoulder width apart, legs bent and together with knees supporting the weight of the legs. The body is straight from the shoulders, through the hips, which is maintained throughout the test.
- **Action:** Lower the body until the chest is fully touching the floor and extend the arms returning the body to the start position. The repetitions must be slow, continuous and controlled.
- Participants must choose to perform the push-up test on the toes or on the knees before the test commences. There is only one attempt at the push-up test.
- If a push-up is performed incorrectly, a warning is issued and if the push-up is not corrected on the next push-up, the test ceases. Only correctly executed push-ups are counted.

Related Information:

Participants can suffer injuries to their lower back and place undue stress on shoulder joints when performing the exercise incorrectly.

Points:

POINTS	Fail	2	4	6	8	10
LEVEL	<5	≥5	≥10	≥15	≥20	≥25

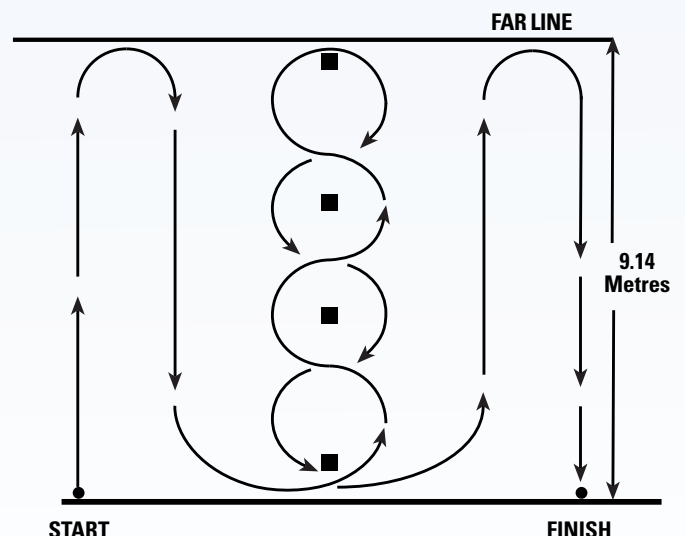
TEST 6: ILLINOIS AGILITY TEST

Testing Technique:

Participant must be warmed up with a five-minute jog followed by stretching exercises concentrating on lower limbs.

- The participant lies on their stomach (head on the start line), hands by their shoulders and both legs extended behind the line. On the 'start' command, the participant gets up to their feet as quickly as possible and sprints to the far line, touching it with one foot then returning to the first cone located on the start line. The participant then weaves in and out of the row of cones and back again towards the start line. The participant then finally sprints once more to the far line, touching with the foot and sprinting back to the finish line.

Dimensions: The course measures 9.14m in length and 4.6m in width. Below is a diagram showing the agility test in whole



Related Information:

This test requires maximum speed and effort from participants to negotiate several traffic cones. Many participants have poor lower back and front and back thigh muscle flexibility. Participants can suffer significant ankle and knee joint injuries should they use incorrect technique. Participants can also suffer skin abrasions should they fall on the tarmac during testing.

Points:

POINTS	Fail	2	4	6	8	10
LEVEL	>20.0	≤ 20.0	≤ 19.0	≤ 18.0	≤ 17.0	≤ 16.0

TEST 7: 40 METRE SPRINT

Testing Technique:

- Participant must be warmed up prior to testing.
- The participant is to stand behind the line of the timing lights. From a standing start and in an upright position, the participant sprints as fast as possible from the start line until passing through the timing lights at the 40 metre mark.
- The best time from two attempts will be recorded.

Note:

The participant's body position must be in a normal sprint position, passing through the 40 metre timing lights, not with arm/s extended. If the participant extends arm/s then the time will not be recorded and will be counted as one attempt.

Related Information:

This test requires maximum speed and effort from participants. Participants can suffer skin abrasions should they fall on the tarmac during testing. Participants can suffer injuries to ankle and knee joints. Many participants have poor lower back and front and back thigh muscle flexibility. There is a risk of sustaining soft tissue injuries to front and back thigh muscles, hip flexor and calf muscles.

Points:

POINTS	Fail	2	4	6	8	10
LEVEL	>7.50	≤ 7.50	≤ 7.0	≤ 6.5	≤ 6.0	≤ 5.5

TEST 8: MULTI STAGE FITNESS

Testing Technique:

- A five second countdown will start the test. When the test starts there is a single beep at regular intervals. The participant must be at the opposite end to the start (20 metres) by the time the beep sounds. They should then continue running at this speed, being at one end or the other each time there is a beep.
- After each minute, the time between beeps will decrease so that the running speed will need to be increased. At the end of each minute, there will be a triple beep and a message from the commentator on the tape, to indicate the next run will need to be faster. The running speed is referred to as 'Level 1', the second speed as 'Level 2', and so on.
- Each participant should run as long as possible, until he/she can no longer keep up with the speed of the test. The test is maximal and progressive. If you do not reach the line at the time of the beep, a tester will give a warning and if it is not corrected on the next lap, the participant will be required to stop running.
- One foot must be on or over the line at the end of each lap.
- The participant must pivot turn at each end. U-turns will incur a warning.

Related Information:

Participants can suffer injuries to ankle and knee joints. Many participants have poor lower back and front and back thigh muscle flexibility. There is a risk of sustaining soft tissue injuries to front and back thigh muscles, hip flexor and calf muscles. This test starts slowly and gradually builds up in intensity. Therefore the injury risk factor for this test is lower than the Illinois Agility Test and the 40 Metre Sprint.

Points:

POINTS	Fail	5	10	15	20	25	30	35	40
LEVEL	<5	≥5.1	≥6.1	≥7.1	≥8.1	≥9.1	≥10.1	≥11.1	≥12.1

Physical Capacity Testing is a component now required to be completed and passed at Professional Suitability stage. If an applicant is unable to meet the Physical Capacity Testing requirements their application will not proceed and will be deemed 'not complete'. For further information contact the Recruitment Branch on 1800 222 122.