

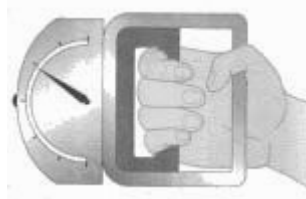
## PRE- SCREENING PHYSICAL CAPACITY TEST NSW POLICE APPLICANT

The following document describes the physical fitness tests a police applicant must undertake as part of the recruitment process. Once you have read this information, could you please complete the **Pre-Screening Questionnaire** (at the end of this document) to certify your fitness to undertake these tests. Once completed, the form should be handed back to a Police Recruitment Branch Officer at testing day.

### TEST INFORMATION:

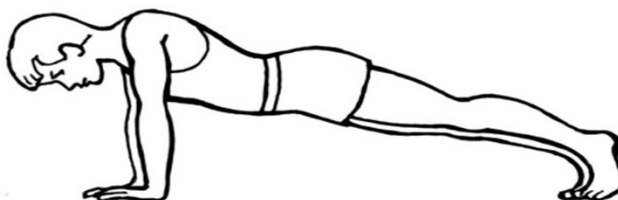
#### 1. Handgrip

This test measures grip strength that correlates with general muscular strength. Participants will be required to adopt a one-handed grip to a handgrip dynamometer, first with the dominant hand, and squeeze maximally for approximately 3 seconds. The same test will then be conducted using their non-dominant hand.



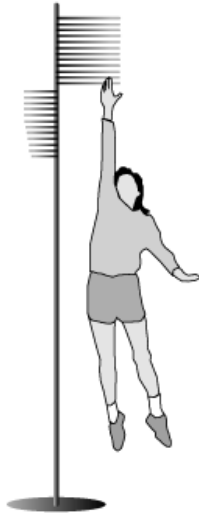
#### 2. Prone bridge

This test measures the muscular endurance of the abdominal muscles. Participants will be required to maintain a “bridge” or “plank” position, where they will lie face down, then lift themselves up so they are resting on their hands and their toes. It is expected that participants can hold a straight line from the head, to the hips, and through to the toes.



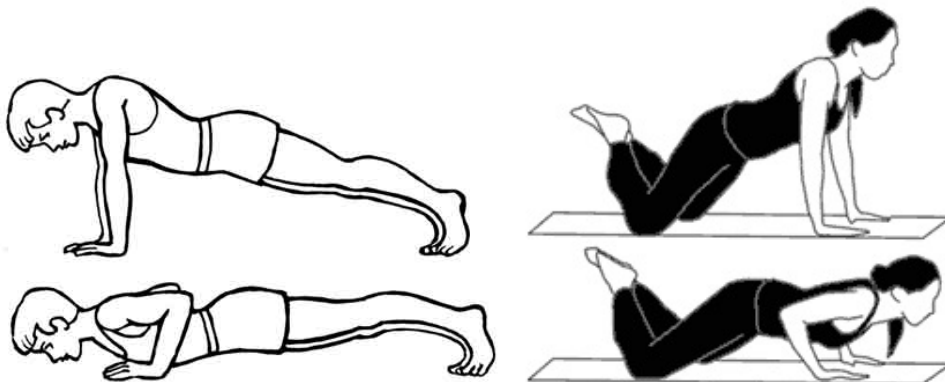
### 3. Vertical jump

This test measures jump height that is a predictor of lower leg power. Participants will be required to stand against an apparatus with their dominant arm extended overhead and their hand on the pegs of the apparatus. A reach height will be taken. Participants will then be asked to jump as high as they can, touching a peg at the highest point of their jump. A jump height will then be taken. The difference between these two measurements will be the result.



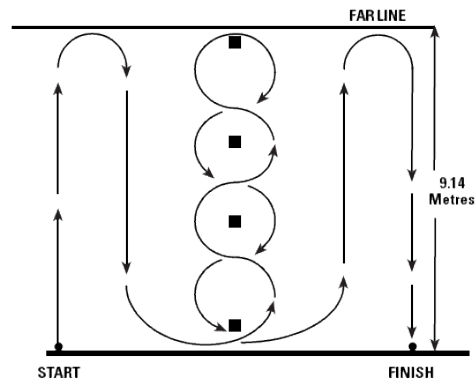
### 4. Push-ups

This test measures upper body strength endurance that correlates to general muscular strength. Participants will be required to perform push-ups with a straight torso. At the bottom of the movement, the upper arm must be parallel to the ground. Only valid repetitions will be counted.



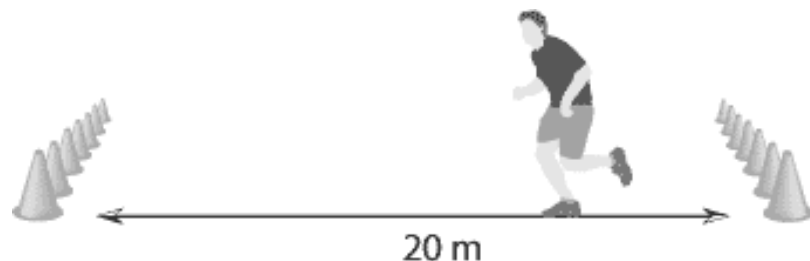
## 5. Illinois Agility Test

This test assesses speed and agility. Participants will be required to run in and around a course of cones as quickly as possible. Participants will start by lying face down on the ground with their hands by their shoulders. Upon the command to start, participants will get up as quickly as possible and complete the course as indicated, without touching the cones, and a time will be recorded.



## 6. Multi-stage Fitness Test

This test measures cardiovascular fitness levels. Participants will be asked to run up and back between two lines marked 20 metres apart in time with an authorised recording. The start of each shuttle is signified by a beep. As the levels increase, the speed participants must run between the lines increases. The score recorded will be the level and shuttle reached before the participant is unable to keep up with the recording. Qualified physical training instructors will supervise the test.



The required levels are:

- |                             |                                |
|-----------------------------|--------------------------------|
| 1. Handgrip                 | 30 kg each hand                |
| 2. Vertical jump            | 30 cm                          |
| 3. Prone bridge             | 90 seconds                     |
| 4. Push-ups                 | 25 repetitions (knees or toes) |
| 5. Illinois Agility Test    | 20 seconds or less             |
| 6. Multi-stage Fitness Test | Level 7.1                      |

For further information regarding the physical capacity tests, please go to the NSW Police Force website at [www.police.nsw.gov.au/recruitment](http://www.police.nsw.gov.au/recruitment) to view the instructional videos.



NSW Police Force

**SENSITIVE - PERSONAL**



**NSW Police**

www.police.nsw.gov.au ABN 43 408 613 180

**PRE- SCREENING PHYSICAL CAPACITY TEST NSW POLICE APPLICANT**

**PRE-EXERCISE QUESTIONNAIRE**

**TO BE COMPLETED BY APPLICANT:** **PHYSICAL CAPACITY TEST DATE::** \_\_\_\_\_

**SURNAME** \_\_\_\_\_ **FIRST NAME:** \_\_\_\_\_

**DOB:** \_\_\_\_\_ **AGE:** \_\_\_\_\_ **CONTACT NUMBER:** \_\_\_\_\_ **FEMALE** ☐ **MALE** ☐

**EMERGENCY CONTACT DETAILS:**

**NAME:** \_\_\_\_\_ **HOME NO:** \_\_\_\_\_ **MOBILE NO:** \_\_\_\_\_

**PLEASE READ AND ANSWER THE FOLLOWING QUESTIONS HONESTLY:**

**If you have answered YES to any of the questions, you will NEED to consult with a Physical Training Instructor(PTI) /Recruitment Officer prior to participating in any of the assessments being undertaken. Please indicate.**

1. Are you currently taking any medications? If YES, what? YES/NO  
NB: (This does not include contraceptive pill)  
\_\_\_\_\_
2. Do you know of any reason why you should not participate in the physical capacity testing today, or be actively involved in any physical activity? YES/NO  
\_\_\_\_\_
3. Do you suffer from allergies and require an EpiPen? YES/NO
4. Do you have a pacemaker? YES/NO

**WHAT ARE YOUR CURRENT ACTIVITY PATTERNS?**

5. Frequency- Number of exercise sessions per week \_\_\_\_\_
6. Duration- Number of minutes per session \_\_\_\_\_
7. Intensity (circle one) Sedentary Moderate Vigorous
8. What specific activities/exercises are you conducting? \_\_\_\_\_

- I confirm the information supplied in this pre-exercise questionnaire, is complete and correct in every detail.
- I agree to notify the NSW Police Force Recruitment Branch of any change in personal circumstances, which would alter the responses or information provided in this pre-exercise questionnaire.
- I understand that I have been invited to participate in the physical capacity testing on the basis of information supplied in my initial Police application and in this pre-exercise questionnaire. Should my medical or personal circumstances, as set out in this pre-exercise questionnaire, change at any time after submitting this pre-exercise questionnaire. I agree to immediately notify the NSW Police Force Recruitment Branch of this change of circumstances.
- In addition to the information sought in this pre-exercise questionnaire form, I understand that it is my responsibility to ensure that I have provided any further information to the NSW Police Force Recruitment Branch which would otherwise preclude me from participating in the physical fitness assessments.
- I understand that participation in the physical capacity testing is voluntary, and it is my responsibility to withdraw from any tests should I feel ill or sustain an injury. I agree to immediately notify a NSW Police Force Recruitment Officer upon withdrawing from the physical capacity testing.
- I agree to release and forever discharge the NSW Police Force from responsibility for any injury or illness that I may incur or suffer in the course of completing the physical capacity testing.

I hereby consent to voluntarily engage in the exercise tests to determine my physical capacity. I understand that I am free to stop any of the tests at any point if I desire, if this occurs I must report to a Recruitment Officer. I understand I must complete and pass each exercise test today to be deemed professionally suitable.

**APPLICANT NAME** \_\_\_\_\_ **SIGNATURE** \_\_\_\_\_ **DATE** \_\_\_\_\_