



WA Police Force Recruiting

FACT SHEET - APPLICANT PHYSICAL PERFORMANCE EVALUATION

Applicants are required to have a reasonable level of fitness to enable them to meet the Physical Performance Evaluation (PPE) requirements for the position applied for. The individual PPE components are set out below:

PPE Component	Areas Assessed	Role/Job Specific Relevance
Modified Illinois Agility Test	• Speed and Agility • Change of Direction • Mobility	• Pursuing Offenders • Effecting Arrest • Negating Obstacles • Tactical Movement/Positioning
Abdominal Strength Test (Sit-Up)	• Abdominal/Core Strength • Lower Back Mobility	• Ability to Safely carry Police Accoutrements • Injury Prevention
Push-Up Test	• Upper Body Strength/Endurance • Core Strength	• Obstacle Negotiation • Handling Offenders • Effecting Arrest • Safe use of Police Accoutrements
Grip Strength	• Grip Strength	• Safe use of Police Accoutrements • Handling Offenders
Bag Lift and Carry (35kg)	• Lower Body Strength/Endurance • Upper Body Strength/Endurance • Core Strength	• Handling Offenders • Effecting Arrest • Manual Handling
Beep Test	• Cardiovascular Fitness • Physical Efficiency	• Pursuing Offenders • Dealing with Resisting Offenders • Working Under Duress • Ability to walk long distances over an extended period of time (foot patrols)

Applicants are required to undertake the PPE at the WA Police Academy in Joondalup. Applicants who do not reside in the Perth metropolitan area, will be required to source a qualified Physical Trainer to oversee the PPE, instructions will be provided.

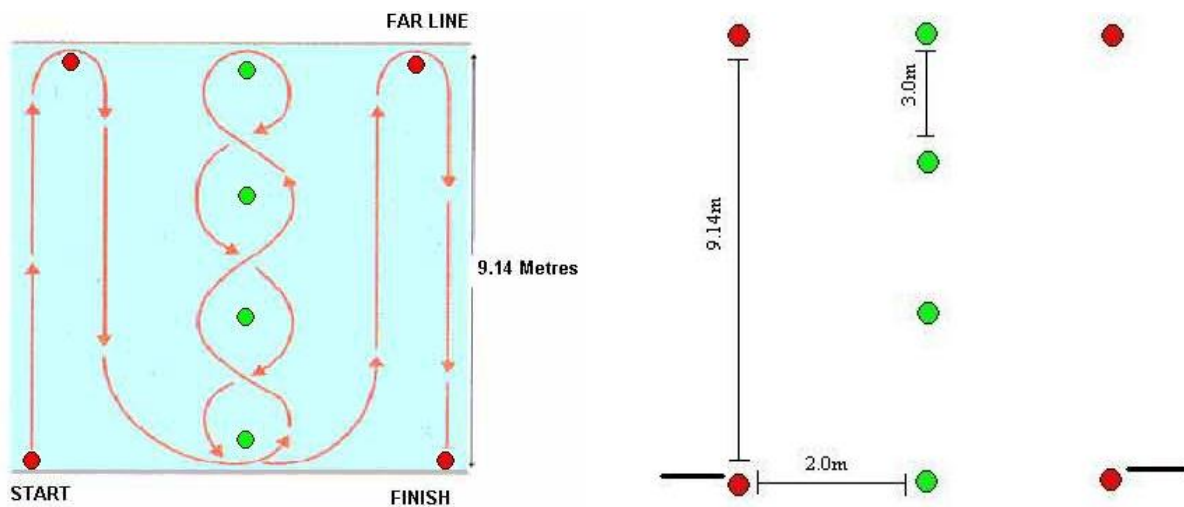
Further information relating to each of the PPE components is detailed below.

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. Applicants will be required to move in the space accurately and rapidly via changes of speed and direction within a horizontal plane. The following timings must be achieved:

Recruit and Cadet Applicants		Custody Support Applicants	
Male	20.00	Male	21.00
Female	22.00	Female	23.20

Agility Test Illustration:



Applicants will lie down on their stomach with their head and hands behind the start line and chest in contact with the ground. Feet can be in any position to get off the ground but the chest must stay in contact with the ground.

On the call of 'Ready-Go', applicants 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. Applicants 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. Continuing 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. Applicants will then run around the green cone at the **FAR** line before repeating this sequence. Applicants will then repeat a straight-line sprint to the **FAR** line where after running around the small cone on the line, they will then sprint to the **FINISH** line to complete the test.

The timer is started on the call of 'Go' and stopped when the applicant crosses the finish line. Applicants will be deemed unsuccessful in this test for any of the following:

- Non-completion of the course within the required time
- Run the course the wrong way, for example, 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.

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2. Abdominal Strength Test (Sit-Up)

The abdominal strength test requires applicants to lie on the floor on their back with both arms crossed over the chest with hands in contact with the shoulders. Knees must be raised up to an angle of approximately 90 degrees, keeping both feet on the ground (either flat on the ground or toes raised with heels grounded).

Applicants are required to sit up, bringing elbows up to knees. Both feet must remain in contact with the ground throughout the sit-up. Feet are not to slip/slide or lift off the ground. Only one sit-up is required to pass this test.

Illustration:



Three attempts will be given for this test. If not successful after the third attempt, applicants will not be able to participate in the bag lift test due to an identified risk of potential injury.

3. Push-Up

Applicants will be required to perform push-ups, utilising the correct technique, to assess upper body strength in a pushing phase and ability to support body weight. The following number of push-ups must be achieved:

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

Applicants must begin in the 'up' position on their toes, whilst keeping legs straight and feet together. Arms should be straight with hands slightly wider than a shoulder distance.

Applicants will lower their body until their arms are at a 90 degree bend or less, keeping the body straight at all times and then returning to the start position. This counts as one repetition. Applicants must keep their body straight and lower sufficiently, fully returning to the start position. Applicants cannot pause for more than 3 seconds between repetitions.

Illustration:



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If the applicant performs three consecutive pushups using incorrect technique, they will fail the test.

Only one attempt is given for this test.

4. Grip Strength

An adjustable dynamometer is used to measure grip strength. Applicants will grip the apparatus starting with the dominant hand and then using the non-dominant hand. The arm will stay by the side with a 90 degree bend at the elbow.

Applicants will be required to squeeze the apparatus as hard as possible for approximately 3 seconds. A minimum of 30kg must be achieved on both left and right sides to pass the test.

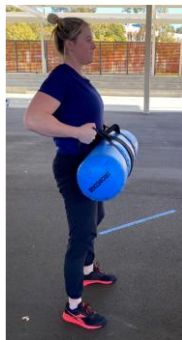
Two attempts will be given for this test on each side. However the second attempt will only be used if unsuccessful on the first attempt.

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

5. Bag Lift and Carry (35kg)

Applicants are required to lift a 35kg Aqua Bag using the correct lifting technique. Once the bag has been lifted correctly, applicants 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. Applicants must ensure this weight is always carried on the hips.

Illustration:



Applicants 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.



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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 spaced 20 meters apart. Applicants are required to run between the markers in time with the prompts. The following levels must be achieved:

Recruit and Cadet Applicants		Custody Support Applicants	
Male	7.01	Male	5.01
Female	6.01	Female	4.01

Beginning at Level 1, applicants must progress through each level and the required number of laps to the minimum level required. 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.

MAINTAINING PHYSICAL FITNESS

Applicants that progress to a selection pool may be required to attend the WA Police Academy to requalify in the PPE, prior to being eligible for selection.

Applicants that are injured or sustain an injury prior to commencing at the WA Police Academy are required to inform Police Recruitment immediately.

It is the responsibility of the applicant to ensure they maintain physical fitness throughout the recruitment and selection process, to prepare for achieving the WA Police Academy's physical training standards.

The majority of physical training sessions and assessments at the WA Police Academy are high intensity sessions which assess a number of critical, inherent physical and operational policing requirements. Including:

- Interval running
- Hill sprints
- Bodyweight strength and running sessions (push ups, sit ups and squats)
- 3km timed runs
- Gym strength sessions
- Obstacle course (upper body and torso function)

The following is provided as an example maintenance training program.



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Example Maintenance Training Program

Day	Session
Monday	Interval Session 6 x 600m Hard Run with 100m Walk Recovery
Tuesday	Weights Session - 3 sets of 10 reps of the following: Dumb Bell Bench Press Lateral Pulldown Dumb Bell Shoulder Press Dumb Bell Squats Triceps Pushdowns Dumb Bell Bicep Curls
Wednesday	Rest/Light Activity Day
Thursday	Run 3-8km at a constant pace
Friday	Body Weight Session - Circuit Format 20 reps of each exercise in the list. 3min recovery and repeat x 3: Push Ups Squats Sit Ups
Friday	Lunges Russian Twists Supine Pull Ups
Saturday	30-minute easy Bike Ride/Run
Sunday	Rest/light activity