

## **FITNESS TEST GUIDELINES**

Police Officers, Special Constables, Detention Officers and Police Community Support Officers must complete a fitness test to demonstrate that you can keep up with the demands of the job. The test consists of a bleep test demonstrating you have a reasonable level of fitness. You do not need to have a high level of fitness to pass this test; we need to ensure that you would be physically able to carry out your duties. However we would strongly recommend that you prepare and train yourself as much as you can leading up to the test.

There are two elements to the fitness test:

Before you undertake the assessment you will be asked to complete a consent form declaring to the best of your knowledge, you do not know of any reason why you should not take part in the fitness test.

### **1. Body Mass Index (BMI)**

The current standard for BMI is between 18 and 32. To calculate your BMI (use table below), find your height in inches and your weight in pounds and where these two figures meet is your BMI. For example if your HEIGHT is 60 inches and your WEIGHT is 153 pounds your BMI calculation is 30.

There are a number of websites that will assist you to convert centimetres into feet and inches and pounds into kilograms.

Your weight and height will be measured before the fitness test and your BMI calculated. For candidates whose BMI falls outside the range of 18 – 29.99 a Body Mass Composition test will be undertaken at the end of the test. This test measures the percentage of fat in the body; it gives a more accurate result which allows us to see why you may have fallen out of the BMI range.

For this test you are required to lie flat on the floor and have four electrodes attached to your body, two on the back of your hand and two on your foot. The electrode is attached to a sticky pad which is pressed against your skin. A small current is then passed between these pads which you cannot feel, the test is very quick and we will give you your results if you require. We will then calculate the amount of weight you need to lose or gain, to fall within the required standard.

BMI	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
Height (Inches)	Body Weight (pounds)																	
58	86	91	96	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170
59	89	94	99	104	109	114	119	124	129	134	139	144	149	154	159	164	169	174
60	92	97	102	107	112	117	122	127	132	137	142	147	152	157	162	167	172	177
61	95	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180
62	98	103	108	113	118	123	128	133	138	143	148	153	158	163	168	173	178	183
63	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185
64	103	108	113	118	123	128	133	138	143	148	153	158	163	168	173	178	183	188
65	106	111	116	121	126	131	136	141	146	151	156	161	166	171	176	181	186	191
66	109	114	119	124	129	134	139	144	149	154	159	164	169	174	179	184	189	194
67	112	117	122	127	132	137	142	147	152	157	162	167	172	177	182	187	192	197
68	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200
69	118	123	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203
70	121	126	131	136	141	146	151	156	161	166	171	176	181	186	191	196	201	206
71	124	129	134	139	144	149	154	159	164	169	174	179	184	189	194	199	204	209

	1	1	2	2	2	2	2	2	2	2	2	2	3	3	3	3	3	3
<b>BMI</b>	8	9	0	1	2	3	4	5	6	7	8	9	0	1	2	3	4	5
	1	1	1	1	1	1	1	1	1	1	2	2	2	2	2	2	2	2
	3	4	4	5	6	6	7	8	9	9	0	1	2	2	3	4	5	5
<b>72</b>	3	0	7	4	2	9	7	4	1	9	6	3	1	8	5	2	0	8
	1	1	1	1	1	1	1	1	1	2	2	2	2	2	2	2	2	2
	3	4	5	5	6	7	8	8	9	0	1	1	2	3	4	5	5	6
<b>73</b>	6	4	1	9	6	4	2	9	7	4	2	9	7	5	2	0	7	5
	1	1	1	1	1	1	1	1	2	2	2	2	2	2	2	2	2	2
	4	4	5	6	7	7	8	9	0	1	1	2	3	4	4	5	6	7
<b>74</b>	0	8	5	3	1	9	6	4	2	0	8	5	3	1	9	6	4	2
	1	1	1	1	1	1	1	2	2	2	2	2	2	2	2	2	2	2
	4	5	6	6	7	8	9	0	0	1	2	3	4	4	5	6	7	7
<b>75</b>	4	2	0	8	6	4	2	0	8	6	4	2	0	8	6	4	2	9
	1	1	1	1	1	1	1	2	2	2	2	2	2	2	2	2	2	2
	4	5	6	7	8	8	9	0	1	2	3	3	4	5	6	7	7	8
<b>76</b>	8	6	4	2	0	9	7	5	3	1	0	8	6	4	3	1	9	7

## 2. Endurance Fitness (Bleep Test)

The bleep test measures endurance, the aim of the test is to run for as long as you can while increasing your speed. The Bleep test is marked out by 2 lines 15 meters apart. Once the test begins, you must start with a slow jog to the other line and wait for the other bleep to sound to return to the original line. You must keep in time with the bleeps so pace yourself to arrive at either line as the bleep sounds.

There are a minimum of 7 shuttles in each level, these increase as well as the speed of the bleeps as the levels go up. The minimum standard you need to achieve is level 5 shuttle 4, however take into account this is after a low level warm up.

For level 1 of the bleep test, you have seven seconds to reach each 15 metre length. As each level is reached, the total time between bleeps decreases by approximately a quarter of a second. Remember the aim of the bleep test is not to reach each line as fast as possible (this would only serve to waste too much energy). The aim is to arrive and turn on each sound of the bleep (so pace yourself with each level). N.B. the start of each level is signified by a double bleep.

You will be stopped once the required standard (level 5, shuttle 4) has been reached.

If you fail the fitness test you will be given two further attempts to retake the test.

If you do not pass the BMI check regardless of your fitness test result, your application will be rejected.

