

## **FITNESS TEST GUIDELINES**

Police Officers, Special Constables 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 29.99. 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	119	124	129	134	138	143	148	153	158	162	167
59	89	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
60	92	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
61	95	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
62	98	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
63	102	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
64	105	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
65	108	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
66	112	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
67	115	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
68	118	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
69	122	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
70	125	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
71	129	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
72	133	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258
73	136	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
74	140	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
75	144	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279
76	148	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287

## 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.

### **VISION STANDARDS**

The current eyesight standards are:

- 6/12 or better in either the right or left eye (this can be measured by your ability to see the 4th line from the bottom of an optician's chart)
- and
- 6/6 with both eyes together (this can be measured by your ability to see the 2nd line from the bottom of an optician's chart)

The standard can be achieved either with or without spectacles or contact lenses. However, if you wear spectacles or contact lenses you also need to be able to reach the eyesight standard of:

- 6/36 with both eyes together without your spectacles or contact lenses (this can be measured by your ability to see the 2nd line from the top of an optician's chart)

### **Colour Vision**

City vision test 7/10.