

FITNESS TEST GUIDELINES

Police Officers, Special Constables, Police Community Support Officers and Detention 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 to demonstrate that 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.

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.

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 metres 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** and the test will be stopped when you reach this level.

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). The start of each level is signified by a double bleep.

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