



## NTPFES Trainee Constable Program

### Recruitment Physical Fitness Assessment

The Northern Territory Police Force is dedicated to its vision of a safe and secure Territory. It works in partnership to reduce crime and enhance community confidence and is committed to having a fit for purpose force to achieve this mission.

The NTPF Trainee Constable Program aims to give you the skills, knowledge and confidence to undertake general policing duties. It provides training to develop the physical abilities required for the job at hand with daily physical fitness sessions, defensive tactics, driver and firearms training. Physical fitness sessions include:

- Running, swimming, cycling
- Weight training, flexibility and core stability
- Obstacle course, pursuit runs, search and rescue runs and team activities
- Boxing, tackling and wrestling and defensive tactic circuits

In order to be considered for the NTPF Trainee Constable Program you will be required to undertake a number of physical tests to determine your ability to perform the physical demands inherent to operational policing. The physical assessments are explained below and include details of the rating/points system. Prior to any applicant taking part in the Physical Fitness Testing, medical clearance is a mandatory requirement.

It is suggested all applicants seek advice from a GP or qualified fitness instructor prior to conducting training.

#### **Pass Mark:**

In order to meet minimum requirements, you must achieve 50 points out of a possible 100 for entry to NTPFES Trainee Constable Program.

For each exercise, the following information supplies advice on techniques required and the number of points available for each level achieved

#### **Trainee Constable Minimum Standard:**

In order to meet the required minimum standard for the Trainee Constable program 50 points out of a possible 100 points must to be achieved in the fitness test.

#### **Before all testing please consider the following:**

- Food intake.
- Hydration.
- Suitable footwear and clothing.
- Should NOT undertake heavy training the day previous to testing.
- Should NOT consume alcohol or cigarettes prior to testing.

## TEST NO. 1 – SIT AND REACH

**Purpose**

This is a cold test conducted to measure the day to day flexibility of muscles and tendons in the back of the legs and trunk. Recruits are not permitted to warm up or stretch before the test

**Equipment Required**

- Sit and Reach Box or as per photos below box and metal tape measure to replicate Sit and Reach Box

**Technique**

- Sit on floor and place both feet (without shoes) against the vertical sit and reach box.
- Straighten legs and sit up tall.
- Stretch arms out with one hand on top of the other, right and left index fingers are to start and remain level with each other throughout the stretch.
- Assessor places hands softly on the quadricep muscles, just above the knee caps to ensure recruits knees do not bend.



**Critical Elements**

- With the elbows and knees locked, one hand on top of the other, slowly and smoothly flex the trunk and hips and stretch as far as possible, sliding both hands, evenly along the scale.
- Jerking and double movements are not permitted.
- Recruits must hold their furthest possible reach for 3 seconds.
- Legs must remain straight.
- The best score of two attempts is recorded.
- Relevant points are allocated from the scale below.

**Timing**

- No time limit involved.
- Two attempts allowed.
- The better of two attempts is scored.

**Point Scoring**

- The distance reached is used to determine flexibility.
- Distance reached in cms is recorded.
- Points are allocated according to the Sit and Reach Point Scale.
- Example: a -8 cm reach scores 2 points.

| <b>Sit and Reach Point Scale</b> |      |      |     |     |      |      |
|----------------------------------|------|------|-----|-----|------|------|
| <b>LEVEL (cms)</b>               | <-10 | ≥-10 | ≥-3 | ≥+4 | ≥+11 | ≥+18 |
| <b>POINTS</b>                    | 0    | 2    | 4   | 6   | 8    | 10   |

### TEST NO. 2 – VERTICAL JUMP

**Purpose**

Measure leg strength and power, particularly of quadriceps and calves. Leg strength is a critical predictor of many essential functions.

**Equipment Required**

- Measuring Tape or marked wall
- Chalk or bucket of water for marking wall

**Technique**

- Stand flat footed, feet parallel to wall, inner foot touching wall.
- Reach as high as possible with hand closest to wall, leaving mark on wall.
- Assessor records height of standing reach.
- Crouch and jump as high as possible.
- Mark the wall with chalk or wet fingers at the peak of the leap with the finger tips of outstretched hand closest to the wall.
- Use arms to propel body upwards however steps are not allowed.
- Land the jump with soft knees to cushion impact.
- Assessor records height of jump.



**Critical Elements**

- Initial reach should be greatest possible, at maximum stretch, with foot against wall and arm and body fully extended.
- Applicant may crouch to jump, but may not take any steps.

**Timing**

- No time limit involved.
- Two jumps per applicant allowed.
- The better of two attempts is scored.

**Point Scoring**

- The distance between the recorded 'standing' mark and the recorded 'jumping' mark is used to determine vertical jump height achieved.
- Jump height achieved is recorded.
- Points are allocated according to the Vertical Jump Point Scale.
- Example: a 36 cm jump height scores 4 points.

| <b>Vertical Jump Point Scale</b> |     |     |     |     |     |     |
|----------------------------------|-----|-----|-----|-----|-----|-----|
| <b>LEVEL (cms)</b>               | <30 | ≥30 | ≥35 | ≥40 | ≥45 | ≥50 |
| <b>POINTS</b>                    | 0   | 2   | 4   | 6   | 8   | 10  |

## TEST NO. 3 – ABDOMINAL STRENGTH

### Purpose

Measure dynamic strength of abdominals and hip flexors, areas critical for support of most physical activity.




The test is a progressive, one repetition maximum (1RM) test of abdominal strength. The subject starts at Level 1 and progresses to the next level and so forth until they come to a level they cannot perform correctly

### Equipment Required

- Flat surface

### Technique

- Lie in a supine position on the floor or mat with knees bent and hands resting on the front of the thighs.
- Tilt the pelvis back to flatten the lower back onto the floor.
- Tilt the head forward and smoothly flex the trunk in a slow controlled manner until Level 1 is completed.
- Pause at the top then return to the starting position in a slow controlled manner.
- If the sit-up was successful, the participant is then ready for the next level.

|                 |   |
|-----------------|---|
| <b>Level 1:</b> | <p>Arms are held straight out, resting on the participant's thighs. The participant slowly contracts the abdominals as the hands are moved up the thighs until the wrists are at the level of the knees.</p> <div style="text-align: center;">  </div>  |
| <b>Level 2:</b> | <p>Arms are held straight out, resting on the participant's thighs. The participant slowly contracts the abdominals as the hands are moved up the thighs until the elbows are at the level of the knees.</p> <div style="text-align: center;">  </div>  |
| <b>Level 3:</b> | <p>Arms are folded at right angles across the participant's abdominals with hands holding opposite elbows ("I Dream of Jeannie"). The chin is then tucked into the chest. As the abdominals are contracting and the upper body is moving towards the knees, arms are held in that position as the chest touches the knees and the forearms pass over the knees.</p> <div style="text-align: center;">  </div> |

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|                 |   |
|-----------------|---|
| <b>Level 4:</b> | <p>Arms are crossed on the chest with hands holding opposite shoulders. The chin is tucked into the chest. Maintaining the elbows in their position, the abdominals are contracted and the upper body is moved until the elbows meet with the knees.</p> <div style="text-align: center;"> </div> |
| <b>Level 5:</b> | <p>Arms are flexed behind the head crossed over with hands sitting on each shoulder blade. The chin is tucked into the chest. With control, the abdominals are contracted and the upper body is moved until the chest touches the knees.</p> <div style="text-align: center;"> </div>             |

**Critical Elements**

- Both feet must stay flat on the floor.
- Knees are to stay together and at right angles between the thigh and the lower limb.
- No jerking movements, such as throwing the head or arms overhead.
- No lifting hips off the floor.

**Timing**

- No time limit involved.
- Two attempts at each level allowed.
- The highest level achieved is scored.

**Point Scoring**

- The highest level achieved is used to determine abdominal strength.
- Level achieved is recorded.
- Points are allocated according to the Abdominal Strength Point Scale.
- Example: achieving level 3 and failing level 4 scores 6 points.

| <b>Abdominal Strength Point Scale</b> |   |   |   |   |   |    |
|---------------------------------------|---|---|---|---|---|----|
| LEVEL                                 | 0 | 1 | 2 | 3 | 4 | 5  |
| POINTS                                | 0 | 2 | 4 | 6 | 8 | 10 |

## TEST NO. 4 – PUSH UP

### Purpose

Measure dynamic strength of triceps, pectorals, and anterior deltoids, indicating upper body strength and endurance.

The test consists of the subject performing as many push ups as possible to a 2 second cadence.

### Equipment Required

- Flat surface
- Dome Cone
- 2 second cadence CD
- CD player

### Technique

- Standard push-ups from the toes.
- Straighten arms with softly extended elbows.
- Place hands flat on the ground surface, approximately shoulder width apart.
- Straighten legs, feet no wider than hip distance apart with toes supporting the weight of the legs.
- Keep body straight from the shoulders, through the hips to the heels, maintain this throughout the test.
- One assessor places vertical fist on ground directly between hands of the subject or;
- Places a Dome Cone directly between hands of the subject and maintains visual contact to ensure touches the Dome Cone every push up.
- Second assessor stands side on to subject to ensure correct posture and technique.
- Subject lowers chest to touch the vertical fist of assessor and pushes up to return to start position for one count.
- Repetitions must be slow, continuous and controlled and completed within the 2 second cadence



Dome Cone can be used as an alternative to the assessor's fist.

### Critical Elements

- Feet must stay within body width.
- Back must stay in neutral spine position throughout.
- Neck extensors must be kept long with subject keeping chin tucked in and eyes looking towards ground NOT upwards.
- Elbows must be fully extended at up position.
- Chest (not clothing only) must touch vertical fist of assessor or the Dome Cone in down position.
- Bouncing off the Dome Cone is not allowed.
- Lying on floor between or during push ups is not allowed.
- Push-up must be completed fully and properly to count

If a push-up is performed incorrectly, a warning is issued and if the push-up is not corrected on the next push-up, the test ceases.



# Recruitment Physical Fitness Assessment

## Timing

- 2 second cadence for each push up.
- No time limit involved.

## Point Scoring

- Only correctly executed push-ups are counted.
- Number of correctly executed push ups is scored
- Points are allocated according to the Push Up Point Scale.
- Example: 7 push ups scores 2 points.

| Push Up Point Scale |    |    |     |     |     |     |
|---------------------|----|----|-----|-----|-----|-----|
| REPETITIONS         | <5 | ≥5 | ≥10 | ≥15 | ≥20 | ≥25 |
| POINTS              | 0  | 2  | 4   | 6   | 8   | 10  |

## TEST NO. 5 – ILLINOIS AGILITY TEST

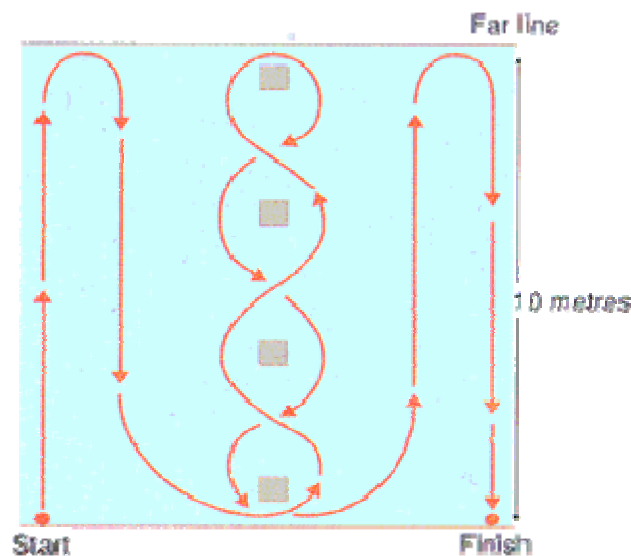
### Purpose

Measure ability to start, stop and move the body quickly in different directions.

### Equipment Required

- 8 x 300mm orange cones
- Stopwatch citizen digital (sports supply)
- Measuring tape fibreglass 30 metres
- Flat non slip surface

The course measures 10m in length and 5m in width. 4 cones are used to mark the start, finish and the two turning points. Another four cones are placed down the centre at equal distance apart. Each cone in the centre is spaced 3.3 metres apart.



The Illinois Agility Test

### Technique

- Lay on stomach facing the start line.
- Top of head is level with the start line and legs are extended out behind the body.
- Flex arms and place hands next to the shoulders.
- On the 'start' command, get up to feet as quickly as possible and sprint to the far line, touching it with one foot then returning to the first cone located on the start line.
- Weaves in and out of the row of cones and back again towards the start line.
- Lastly sprint once more to the far line, touching with the foot and sprint back to the finish line.

### Critical Elements

- The run is not counted if the subject: strays outside the boundary of the rectangle, fails to touch or cross the line at either end, touches a marker, fails to follow the prescribed course.
- Participant must be warmed up with a five-minute jog followed by stretching exercises concentrating on lower limbs.

### Timing

- Measure in hundredths of a second eg; 18.45 seconds
- Timing starts the second assessor says go and stops as subject crosses finish line.
- Two attempts allowed.
- The fastest speed achieved is scored.



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### Point Scoring

- Only correct runs are timed.
- Two attempts are allowed best out of two times is scored.
- Points are allocated according to the Illinois Agility Test Point Scale.
- Example: 17.45 seconds scores 6 points.

| Illinois Agility Test Point Scale |       |       |       |       |       |       |
|-----------------------------------|-------|-------|-------|-------|-------|-------|
| Time (seconds)                    | >20.0 | ≤20.0 | ≤19.0 | ≤18.0 | ≤17.0 | ≤16.0 |
| POINTS                            | 0     | 2     | 4     | 6     | 8     | 10    |

## TEST NO. 6 – BACK, UPPER BODY AND GRIP STRENGTH

### Purpose

Measures musculoskeletal strength and endurance associated with back, bicep, handgrip, elbow flexors and shoulder extensors as needed for lifting, carrying, dragging, pushing and pulling during crowd and subject control situations.

The test consists of the subject performing as many pull ups as possible to a 2 second cadence.

### Equipment Required

- Smith machine, power rack or A frame
- Heavy shoelace in centre of horizontal bar with 7cm length hanging below the bar
- Horizontal bar to be set approx 1 metre above ground and no less than 2 inches above subjects reach.
- NB if subject arm length longer than a metre bar will need to be higher.



Power Rack



Smith Machine

### Technique

- Assume supine position.
- Shoulders directly under a bar which is set no less than 2 inches above reach.
- Grasp bar with over hand grip.
- Lift buttocks off the ground so body is straight with only heels touching the ground.
- Pull body upwards until the chest touches the shoelace which is hanging 7 cm below the bar.
- Extend the arms returning the body to the start position.
- Pull up must be completed fully and properly with in the two second cadence.
- If a pull is performed incorrectly, a warning is issued and if the pull is not corrected on the next pull up, the test ceases.



### Critical Elements

- The repetitions must be slow, continuous and controlled.
- Body is to remain in horizontal position during test without flexing or making a 'Mexican wave'.
- If a pull up is performed incorrectly, a warning is issued and if the pull up is not corrected on the next pull up, the test ceases.
- Only correctly executed pull ups are counted.



# Recruitment Physical Fitness Assessment

## Timing

- 2 second cadence for each pull up.
- No time limit involved.

## Point Scoring

- Only correctly executed pull ups are counted.
- Number of correctly executed pull ups is recorded
- Points are allocated according to the Pull Up Point Scale.
- Example: 7 pull ups scores 2 points.

| Pull Up Point Scale |    |    |     |     |     |     |
|---------------------|----|----|-----|-----|-----|-----|
| Repetitions         | <5 | ≥5 | ≥ 8 | ≥11 | ≥14 | ≤17 |
| POINTS              | 0  | 2  | 4   | 6   | 8   | 10  |



Recruitment Physical Fitness Assessment

**TEST NO. 7 – MULTI STAGE FITNESS**

**Purpose**

Measure cardiovascular fitness.

**Equipment Required**

- Licensed multi stage fitness test CD.
- CD player.
- Level, flat surface.
- 22 x 300 mm orange cones.
- Measuring tape fibreglass 30 metres

**Technique**

- The multi stage fitness test licensed CD provides sound and precise instructions for the conduct and technique required for the test.
- The instructions must be played, in full, immediately prior to subjects running the beep test.
- A five second countdown will start the test. When the test starts there is a single beep at regular intervals. The participant must be at the opposite end to the start (20 metres) by the time the beep sounds. They should then continue running at this speed, being at one end or the other each time there is a beep.
- After each minute, the time between beeps will decrease so that the running speed will need to be increased. At the end of each minute, there will be a triple beep and a message from the commentator on the CD, to indicate the next run will need to be faster. The running speed is referred to as 'Level 1', the second speed as 'Level 2', and so on.
- Each participant should run as long as possible, until he/she can no longer keep up with the speed of the test. The test is maximal and progressive. If you do not reach the line at the time of the beep, a tester will give a warning and if it is not corrected on the next lap, the participant will be required to stop running.

**Critical Elements**

- One foot must be on or over the line at the end of each lap.
- The participant must pivot turn at each end.
- U-turns will incur a warning.
- If the line is not met within the time of the beep a warning is given. If it is not corrected on the next lap the test ceases for that subject.
- Maximum of 10 subjects running concurrently.

**Timing**

- All timing to be strictly followed as per the directions on the test CD.

**Point Scoring**

- The final level achieved is the last shuttle correctly and fully completed by subject.
- Points are allocated according to the Multi Stage Fitness Test Point Scale.
- Eg completion of shuttle 10 scores 25 points.

| <b>Multi Stage Fitness Test Point Scale</b> |    |      |      |      |      |      |       |       |       |
|---|----|------|------|------|------|------|-------|-------|-------|
| <b>Level</b>                                | <5 | ≥5.1 | ≥6.1 | ≥7.1 | ≥8.1 | ≥9.1 | ≥10.1 | ≥11.1 | ≥12.1 |
| <b>POINTS</b>                               | 0  | 5    | 10   | 15   | 20   | 25   | 30    | 35    | 40    |