



QUEENSLAND POLICE SERVICE

Recruiting Section

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QPS Certificate of Indemnity & Confirmation of Fitness Form

Take this to your GP before undertaking any QPS Recruiting physical assessments.

As part of the recruitment process, Queensland Police Service (QPS) recruit applicants are required to participate in a range of fitness assessments to demonstrate they have a reasonable degree of aerobic and physical fitness. The assessments also assist in determining whether an applicant has the capacity to complete the physical training program and perform the physically demanding role of an operational police officer.

The physical activities an applicant is required to complete include:

- **Prone Bridge Test** - applicants are required to hold their body in a straight line from shoulders to ankles (down position of a push up) for at least 90 seconds.
- **Push Ups** - applicants are required to demonstrate at least 10 standard push ups (toes will support the weight of the legs) to a cadence (one every two seconds).
- **Beep Test** - (20 metres) - applicants must achieve the minimum level of 5/7 (the Beep Test is also known as a Shuttle Run).
- **100m Swim** - swim in any stroke (or combination of strokes) 100m untimed without stopping or allowing your hands or feet to touch the side or bottom of the pool. Applicants are required to produce swimming proficiency verification by an approved swimming instructor.

QPS Recruit Entry Fitness Assessment Standard

Instructions to ensure Police Recruit applicants are given specific testing guidelines prior to undertaking an assessment:

Prone Bridge Test - Method

- Participants are asked to take a kneeling position.
- The command 'ready' will be issued by the assessor, at which time participants will place their hands on the floor in front with fingers straight and elbows under their shoulders.
- Participants will then activate their core muscles to lift their body into the prone bridge position. Leaning forward, moving weight on to their hands, aligning abdominals lifted, applicant extend legs straight out behind them and toes under so some weight is on the balls of their feet. The body is then to be held in a straight line from shoulders to ankles.
- During the test, applicants will have one chance to change to correct posture should it stray.

Participants are to be deemed not yet satisfactory by assessors if they:

- 1) change their position or alter their posture for a second time after being given a verbal warning;
- 2) display excessive shaking; or
- 3) they do not hold the position for the required time.

Push Ups – Method

Participants are required to demonstrate a standard push up technique from the toes in the following manner:

- Hands will be placed on the ground approximately shoulder width apart.
- Straightened legs with feet no wider than hip distance apart.
- Toes will support the weight of the legs.
- Body to be kept straight from shoulders through to the hips and heels (*N.B.: This is to be maintained throughout the entire test*).
- A dome cone (height 7cm) will be positioned under the participant so that the cone makes contact with their chest on each downwards movement.
- Visual contact will be maintained by assessor to ensure participants touch the dome cone on every push up.
- Repetitions are to be conducted with a cadence which is played via an audio clip or is called out by the assessor using a 2 second cadence.
- Participants are only allowed one attempt at this assessment.

The participant will be deemed not yet satisfactory by assessors if they:

- 1) rest on the ground; breaks posture to an unsatisfactory level deemed by the assessor/s;
- 2) raise their hands or feet from the ground; or
- 3) do not complete the push ups in the correct manner.

Beep Test – Method

Twenty (20) metres, using an official audio track to call each level via the audio recording to ensure test standardisation.

Participants undertaking the assessment must not:

- Run in a continuous pattern (a small semi circle at the end of the 20m shuttle). Applicants must come to a complete stop and turn.
- Leave for the next shuttle until the audio beep has gone.
- Get more than 2 verbal warnings if they do not meet the 20m line before the next audio beep. If a participant can not make it successfully to the line during these warnings the applicant is given the score of their last successful completed score.
- If a participant is given a warning and successfully makes it to the line before the next audio beep. The warnings are then reset and will be offered another set of warnings if the applicant fails to meet the line before another audio beep.

Please note that the level and shuttle called out on the audio recording is the one the applicants are about to start, not the one they are completing.

Gender/Age	Level
Male (all ages)	$\geq 5/7$
Female (all ages)	$\geq 5/7$

Participants are required to achieve the minimum standard of 5/7, and assessors are to record the individual score.

PART A - NOTE FOR EXAMINING DOCTOR

Please assess the police recruit applicant to determine fitness to undertake the physical assessments outlined above and issue the certificate of fitness to the applicant.

CERTIFICATE OF FITNESS

Medical Practitioner Name (PRINT)

I, hereby certify that I have examined

Applicant Name (PRINT)

aged

who was born on / / and who is an applicant for admission as a police recruit to the Queensland Police Service. I have found that he/she is medically fit to undergo all of the physical assessments as outlined above.

Medical Practitioner's Signature

Date

/ /

PART B - APPLICANT FORM

NOTE: All applicants are to complete this indemnity and have their signature witnessed by a Medical Practitioner. Applicants must produce the Certificate of Fitness, completed by a Medical Practitioner, with the indemnity signed and witnessed, before being permitted to undertake the range of fitness assessments required as an applicant for selection as a police recruit in the Queensland Police Service.

Applicant's full name (PLEASE PRINT)

I,

Applicant's full address (PLEASE PRINT)

of,

- I am consenting to participate in the Fitness Assessment (the Assessment).
- I understand that the Assessment may be physically and emotionally demanding.
- I understand that certain risks and dangers will exist such as (but not limited to) personal injury or fatality.
- I acknowledge that while the QPS will make every reasonable effort to minimise risks, not all dangers associated with the Assessment can be foreseen. I accept the fact that, while the QPS Coordinators are skilled and experienced, they cannot absolutely guarantee my safety since some risks are beyond their control.
- I have a personal responsibility to follow safety guidelines established by the QPS Coordinators and I will inform them if I do not understand what is expected of me.
- I am aware that if I choose not to participate in an activity or continue the Assessment for any reason I can discuss this with the Coordinators. I can expect the Coordinators to value my choice and encourage responsible decision-making.
- I certify I am sufficiently fit to participate in this Assessment. I agree to notify the QPS of any changes to my health and fitness, which may occur before, or during the Assessment. Should I become ill or injured, I give my consent to the person conducting the assessment to provide or arrange for provision of medical treatment as they see fit.
- I acknowledge and wholly absolve, release and indemnify the Queensland State Government, Commissioner of the Police Service, and their agents and servants against all claims, proceedings, demands and liabilities in relation to any injury or damage I may sustain as a result of my participation in the range of fitness assessments I am required to undertake as an applicant for selection as a police recruit in the Queensland Police Service.

Signatures required on page 4 >

Applicant's Signature

Date

Name of Witness (Medical Practitioner)

Medical Practitioner's Signature

Medical Practice Contact Number

PART C - TO BE COMPLETED BY PCYC OFFICER

The above applicant (Full name)

Applicant's photo identification **MUST** be verified (prior to commencement) by the person conducting/overseeing the test.

Driver Licence Number

Alternative Photo ID Type and Number

I acknowledge I have viewed and understood the QPS Recruit Entry Fitness Assessment Standard, as outlined on pages 1 and 2 of this document. (please circle)

YES / NO

COMPETENCY TEST RESULTS

Attempt Date

Prone Bridge Score

(in seconds)

Push Ups Score

(number)

Beep Test Level Achieved

(level/lap)

Signature of PCYC Officer:

Name of Officer:

Name of PCYC:

Address

State

Postcode

Contact No.

Date:

Place accreditation/qualification information below (if applicable)



The Queensland Police Service is collecting your information for the purpose of conducting a Fitness Assessment as part of the Recruit Training Program. The information you provide will be used to determine your eligibility to participate in the Assessment as an essential component of the program. The information may be used for other purposes connected with a determination of your suitability to further participate in the Recruit program and your eligibility to be appointed as an officer of the Queensland Police Service. The information may be disclosed to entities outside the QPS with your consent or as otherwise authorised or required by law.