



QPS Recruit Entry Fitness Assessment Standard

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 capability to undertake the physical training program and perform the physically demanding role of an operational police officer. The physical activities an applicant is required to complete as part of the fitness assessment include:

- **Prone Bridge Test**
- **Push Ups**
- **Beep Test**

Prone Bridge Test - Standard

- Participants are required to achieve the minimum standard of a 90 second prone bridge, and assessors are to record the individual score. To complete the prone bridge applicants are required to hold their body in a straight line from shoulders to ankles (down position of a push up) for the required time.

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 – Standard

Applicants are required to achieve the minimum standard of ten (10) push ups, and assessors are to record the individual score. A push up is a standard push ups where toes support the weight of the legs to a cadence (one every two seconds).

Push Ups – Method

Push ups are to be demonstrated using 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 required push ups in the correct manner.

Beep Test – Standard

Participants are required to achieve the minimum standard of 5/7, and assessors are to record the individual score. Also known as a Shuttle Run, the Beep Test must have a distance of 20 metres between each end of the track and use an official audio track to call each level via the audio recording to ensure test standardisation.

Beep Test – Method

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.