



QPS Certificate of Indemnity & Confirmation of Fitness Form

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** - 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).

If this assessment is not completed at a QLD PCYC, an unedited video recording of the completion of this assessment must be made and made available to the QPS if requested at any time.

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 required to achieve the minimum standard of a 90 second prone bridge, and assessors are to record the individual score.

- 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 of 90 seconds.

Push Ups – Method

Participants are required to achieve the minimum standard of ten (10) push ups, and assessors are to record the individual score.

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

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.



External Fitness Assessment Requirements

FOR APPLICANTS COMPLETING FITNESS ASSESSMENTS OUTSIDE OF A QUEENSLAND PCYC

These requirements apply where an applicant is approved to complete the QPS fitness assessment with an external assessor. They operate alongside the published QPS Fitness Standards and do not change the physical activities, minimum standards, or validity period.

Approved Assessors:

External assessments must be conducted by a fitness professional who holds a Certificate III in Fitness or higher and is currently registered and insured. Applicants are responsible for any associated costs.

Assessor Independence:

Assessors must be independent and must not be a relative, close associate, household member, or current personal trainer of the applicant. Applicants must declare that no assistance, inducement, or prior coaching occurred during the assessment.

Assessment Standards:

All assessments must be conducted strictly in accordance with QPS Fitness Standards. Only prescribed activities may be used, in the required order, repetitions, distances, cadence, and time standards. No substitutions, modifications, or discretionary adjustments are permitted.

Video Recording Requirement:

All external fitness assessments must be video recorded in full. The recording must clearly show the applicant completing all components and the assessor supervising. The footage must be unedited, date-stamped (or otherwise time verifiable), and of sufficient quality to confirm correct technique, timing, counting, and distances.

Retention and Verification:

Applicants must retain the recording and provide it to QPS Recruiting only if requested. Failure to provide a valid recording may result in the assessment being invalidated and the applicant being required to re-undertake the assessment.

Audits and Declarations:

QPS Recruiting may conduct audits, or verification checks at any stage. Applicants acknowledge that providing false or misleading information may affect suitability and result in refusal of application, exclusion periods, or further integrity review.

Fitness assessment results are valid for six (6) months. Applicants must pass all components before being offered a recruit position.



PART A – Certificate of Fitness

TO BE COMPLETED BY MEDICAL PRACTITIONER:

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.

I, [Medical Practitioner Name (PRINT)] hereby certify that I have examined

[Applicants full name (PRINT)] who was born on [/ /]

and who is an applicant for admission as a police recruit to the Queensland Police Service. I have found that the applicant is medically fit to undergo the physical assessments as required by the Recruitment Process.

Medical Practitioner Signature: [Signature Box]

Date: [/ /]

Medical Practice Contact Number: []

PART B – Applicant Declaration of Indemnity

TO BE COMPLETED BY APPLICANT:

All applicants are to complete the declarations and must produce the Certificate of Fitness, completed by a Medical Practitioner, with the indemnity signed, 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.

I, [Applicant Full Name (PRINT)]

of, [Applicant Full Address (PRINT)]

declare that I:

- am consenting to participate in the Fitness Assessment.
• will record my completion of this assessment if applicable and will keep record of the video until I am no longer an applicant or have commenced as a probationary Constable within the Queensland Police Service.
• understand that the Assessment may be physically and emotionally demanding.
• understand that certain risks and dangers will exist such as (but not limited to) personal injury or fatality.
• acknowledge that while the assessor 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 assessors are skilled and experienced, they cannot absolutely guarantee my safety since some risks are beyond their control.
• have a personal responsibility to follow safety guidelines established by the assessor and I will inform them if I do not understand what is expected of me.
• 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.
• give my consent to the person conducting the assessment to provide or arrange for provision of medical treatment as they see fit, should I become ill or injured.
• 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.
• I acknowledge QPS Recruiting may request the video recording and may require verification testing at a QPS-nominated facility, and that false or misleading information may adversely affect my suitability and may result in refusal/exclusion.

Applicant Signature: [Signature Box]

Date: [/ /]



Part C – Confirmation of Fitness Form

INSTRUCTIONS:

- Attend either
 - a QLD Police Citizens Youth Club (PCYC) if residing in QLD, unless approved otherwise.
 - an Accredited Personal Trainer (PT) or PCYC equivalent if outside of QLD.
- Complete the required physical assessments, ensuring all instructions are followed as per above.
- Return this completed form along with a copy of the PT's qualification (if applicable) to QPS Recruiting by the required date.

TO BE COMPLETED BY ASSESSOR:

Applicants 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 & Number:

Please tick the below to confirm:

	I acknowledge I have conducted the assessment in line with the QPS Recruit Entry Fitness Assessment Standard, as outlined on pages 1 and 2 of this document.
	I confirm the identity document match the identity of the applicant completing the assessment.

If assessment is not being conducted by a QLD PCYC, please tick the below to confirm:

	I can confirm the applicant has made a recording of their completion of the Fitness Assessment.
	I have provided my accreditation/qualification to the applicant to supply to the QPS.
	I confirm I hold Certificate III in Fitness (AQF 3) or higher (RTO-issued) and I have provided evidence of this qualification to the applicant for submission to QPS Recruiting.
	I declare I hold current professional liability insurance relevant to my practice as a fitness professional.
	I declare I am independent of the applicant, and I am not a relative, close associate, household member, or current personal trainer of the applicant, and I have no personal, financial, or supervisory relationship with the applicant.
	I confirm the assessment was video recorded in full, the footage is unedited, and includes a date/time verifiable marker, and is of sufficient quality to verify technique, counting, timing and distances.

COMPETENCY TEST RESULTS

Attempt Date	Prone Bridge Score (in seconds)	Push Ups Score (number)	Beep Test Level Achieved (lap/level)
/ /			
Signature of Assessor:			
Name of Assessor:			
Name of PCYC (if applicable):			
Assessor Contact Number:			
Assessor Contact Email:			

Place accreditation/qualification information below:

Certificate III in Fitness (AQF Level 3) or higher (RTO-issued) required if utilising an external fitness professional assessor.

Insert Details (i.e. PT ABN / Registration number) & assessors stamp (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.