



Fitness Assessment – Prison Officers

Applicants are required to successfully complete a fitness assessment, upon receipt of a satisfactory medical clearance. To pass the fitness assessment, applicants must meet the minimum fitness standards outlined below. It is important that you prepare for the fitness assessment well in advance, as a second opportunity may not be provided should you fail to meet the required standards.

The fitness assessment includes four main components:

- 20 metre Shuttle Run/ Beep Test (aerobic fitness)
- Push-ups Test (upper body strength)
- Agility/Zigzag Test (agility)
- Grip Test (hand and forearm strength)

The minimum fitness standards are:

Gender and Age Category	Shuttle Run / Beep Test	Push-ups Test	Agility / Zigzag Test	Grip Test (Avg both hands)
Male under 40 yrs	Level 7.1	14 push-ups method 1	13 seconds	40 kgs
Male 40 yrs +	Level 6.1	14 push-ups method 1	13 seconds	40 kgs
Female under 40 yrs	Level 5.1	7 push-ups (method 1) OR 14 push-ups (method 2)	14 seconds	26 kgs
Female 40 yrs +	Level 4.1	7 push-ups (method 1) OR 14 push-ups (method 2)	14seconds	26 kgs

To meet these standards, it is recommended that applicants commence a training and fitness regime as soon as possible. **It's a good idea to talk to your doctor first, if you are commencing a new fitness routine.**

1. Shuttle Run / Beep Test

The shuttle run, commonly known as the 'beep test' is designed to evaluate general cardio-vascular capacity as indicated from measures of maximal oxygen uptake. The shuttle run is a progressive maximal exercise test, with candidates commencing with a slow pace, and then moving through to jogging then eventually running.

Good levels of aerobic fitness enable officers to move around their work environment promptly and safely when required.

Start Position. The candidate will stand behind one of the marked 20-metre lines prior to the start of the first auditory cue ("beep").

1. Candidates will walk-run between the two parallel lines, 20-metres apart, with one foot crossing over or on the line at the completion of each lap. Speed will progressively increase by 0.5 km/h at each stage.
2. Speed control is achieved with auditory cues ("beeps") with the time between cues being shortened at the end of each minute.
3. For each single "beep" within any level, the candidate should be at one end of the 20-metre shuttle, and should commence running to the other end when the next cue is heard.
4. The candidate will continue until the required standard has been achieved, or he/she can no longer maintain the required pace (determined by failure to maintain the timing pattern for two consecutive single "beeps").

Turn & Repeat



Incorrect Method/Standard

Candidate will fail this test under the following conditions:

- Candidate can no longer keep to the required pace.
- Candidate fails to maintain the timing pattern for two consecutive single "beeps"
- Candidate fails to place one foot on or over the 20-metre line

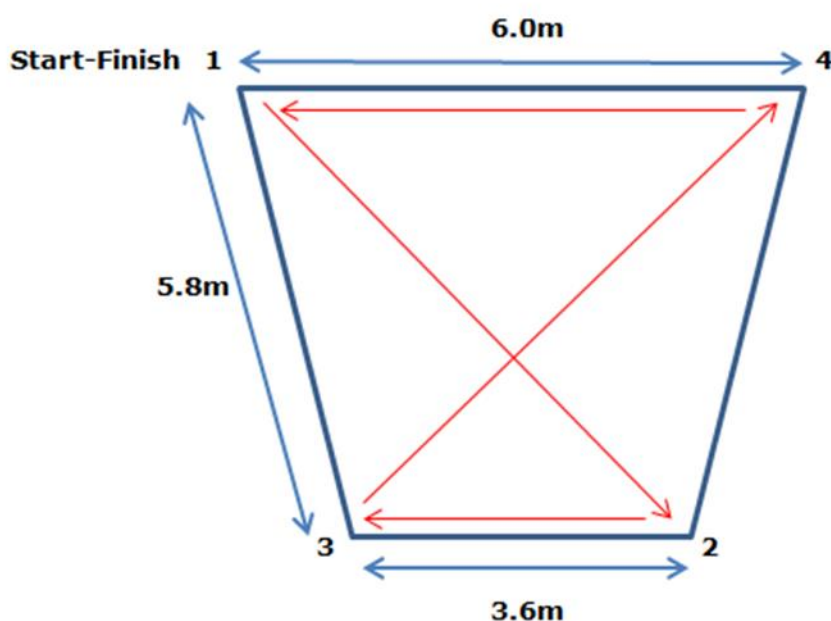
2. Agility / Zigzag Test

This test is to see if you move well in confined spaces and around objects. There are four cones set up in a rectangular shape. The idea is to run to each cone, within a time limit, in a figure eight pattern, whilst touching the cones as you pass them. This includes kneeling and lying down on your back at set points.

Start Position. The candidate will start by standing at *cone 1* with hand in contact with the cone and feet behind the line. The exact direction and order of the cones might vary from the diagram below, although you will be provided with specific instructions and a demonstration on the day.

Action

1. On the whistle the candidate will run as fast as they can to cone 2 and kneel down (sitting on heels). Buttocks should be touching the heels.
2. Get up, run to cone 3 and lie down (on back). Both shoulders should be touching the ground.
3. Get up, run to cone 4. Touch the cone.
4. Run back to cone 1. Touch the cone.
5. Course must be completed in the designated time.



Incorrect Method/Standard

Candidate will fail this test under the following conditions:

- Candidate fails to touch the side of each cone in sequence at the designated marked area.
- Candidate's buttock fails to touch heels (@ Cone 2)
- Candidate fails to lay flat on back (@ Cone 3)
- Candidate fails to complete the agility course in the designated time.

3. Push-Ups Test

Push-ups provide an indication of upper body strength and endurance, as well as stabilising abdominal strength. The cadence (speed of the push-up) is one push-up per two seconds.

Males

Method 1 - Start the push up position with the toes on the ground, feet together, arms shoulder-width apart with palms flat. The back should be straight and the head looking forward or down and arms fully extended, the 'up' position.

1. From the 'up' position the arms bend to a 90 degree angle from the shoulder to elbow. The body should remain generally in a straight line and parallel to the ground. This is the 'down' position.
2. Keeping the body generally in a straight line, the arms are then extended so that the body returns to the 'up' position.
3. Returning to the 'up' position constitutes one repetition.
4. The push-ups must be conducted in a continuous movement to the designated standard.

Females

Method 1 - Same as for males (see above)

Method 2 - Start the push up position with the knees on the ground, arms shoulder-width apart with palms flat. The back should be straight and the head looking forward or down and arms fully extended, the 'up' position.

1. From the 'up' position the arms bend to a 90 degree angle from the shoulder to elbow. The body should remain generally in a straight line. This is the 'down' position.
2. Keeping the body generally in a straight line, the arms are then extended so that the body returns to the 'up' position.
3. Returning to the 'up' position constitutes one repetition.
4. The push-ups must be conducted in a continuous movement to the designated standard.

Incorrect method/standard

An incorrect push-up includes:

- Bobbing
- Bottom in the air
- Back arched
- Elbows are not bent at a 90 degree angle in the "down" position

4. Grip Strength Test

The Grip Strength Test measures the maximum isometric strength of the hand and forearm muscles. The standards reflect maximal capacities providing indication that candidates have the basic capacity to grip and utilise and/or retain specific items related to the custodial environment such as handcuffs, batons, keys etc. Grip strength is also a key requirement during any incident that may involve the physical restraint of an offender.

Start Position. Hold the dynamometer in the hand to be tested. The base should rest on first metacarpal (heel of palm), while the handle should rest on middle of four fingers.



Stand straight (to attention) with feet slightly apart and the arm placed alongside the body. The Dynamometer should be facing out and must not contact the body or clothing.

1. Squeeze the Dynamometer with maximum isometric effort, and maintain it for 3 - 5 seconds. No other body movement is allowed.
2. Complete the process again with the same hand. The Assessor will record the better of the scores over the 2 attempts.
3. Repeat with the other hand. The assessor will take the better of the scores for each and obtain the average.

Incorrect method/standard

The candidate will fail this test under the following circumstances:

- Candidate does not achieve the designated level.
- Candidate allows the Dynamometer to touch their body or clothing
- The candidate bends the arm during the action of squeezing the Dynamometer
- The candidate swings the arm during the action of squeezing the Dynamometer