



SOUTH AUSTRALIA POLICE RECRUITMENT
FITNESS AND AGILITY TEST CRITERIA

Applicants are to wear suitable clothing e.g. shorts, t-shirt, tracksuit pants, running shoes for the purpose of completing the fitness and agility tests.

BODY FAT SKIN FOLD

Skin-callipers are used on 4 anatomical locations. The calculation process accommodates age and gender. This method, although level 2 of reliability, is accurate to approximately 3.9% either way of calculation (Australian Fitness Norms - Health Development Foundation 1996).

Required body fat skin-fold percentage:

BODY SKIN FOLD	Recommended	Marginal	Not Recommended
Male	20% or less	Between 20 to 23.9%	Over 23.9%
Female	30% or less	Between 30 to 33.9%	Over 33.9%

MULTI-STAGE AEROBIC FITNESS TEST

Applicants must perform a progressive '20 Metre Shuttle Run'. All applicants must reach the standard of 50% as per the Australian fitness norms. This calculation process accommodates age and gender. The required aerobic capacity in relation to participant's age and gender, as listed in chart VO2 Max i.e. standard achieved / standard required:

AEROBIC CAPACITY	18-29 yrs	30-39 yrs	40-49 yrs	50-59 yrs
Male	9.04	8.02	7.02	6.02
Female	6.10	5.06	4.09	4.01

AGILITY TEST

Demonstrate agility and speed over set obstacle course. This process is standard for both gender and all ages. Required time frame for completion:

AGILITY ASSESSMENT	No Age Categories
Male	3 minutes, 15 seconds
Female	3 minutes, 15 seconds

Agility Test

1. Start from inside police vehicle
2. Climb over 1 metre mesh fence
3. Climb over 1.5 metre colour bond fence
4. Climb over 3 metre cyclone fence
5. Climb over 1 metre wire fence
6. Crawl through a small opening
7. Leap over 1.5 metre ditch
8. Run through simulated car park
9. Climb over two 1 metre hurdles
10. Climb through a window
11. Drag a 25 kg simulated body 20 metres
12. Run 120 metres
13. Remove a car wheel from the boot of a police vehicle and place it on the ground in front of the vehicle. Lift the wheel and carry back to the rear of the vehicle and place the wheel inside the boot.