

## Physical Competency Test

This assessment consists of a series of tests designed to measure your physical performance in tasks that relate to the work of a recruit prison officer. All the tests must be passed – in each case the minimum standard is set out below. The tests have the same pass level for both sexes and every age. The tests will take about 30-60 minutes to complete, including several rest periods.

### **What preparation should you do for the tests?**

This depends upon your fitness and strength levels. Anyone with reasonable strength and fitness should be able to pass the tests without preparation. If you feel that your fitness or strength level may be insufficient to pass the tests, you may wish to participate in fitness/strength training at your local gym or sports club prior to the testing. Depending on your fitness level, you might need to commence training 8 or more weeks before the assessment.

### **What should you wear for the tests?**

You will need to bring standard PE or sports kit - shorts/top with sports shoes.

### **How will you know what to do?**

You will be given detailed instructions for each test, and a demonstration where necessary.

### **What will happen if you fail a test?**

All tests must be passed. You will have two opportunities to do so. If after two attempts you fail, you will be told at the time that you have failed to make the minimum standard for a test. You will be given a written result of the test.

The tests will comprise the following: -

#### **(i) Running/carrying Tests**

**Aerobic Test :** *This tests cardiovascular endurance, and simulates running around a building, with constant changes of direction.*

This test involves running backwards and forwards between two points 15 metres apart. The test involves 40 continuous shuttle runs to give a total distance of 600 metres. You must complete this test in 210 seconds (3 mins 30 seconds) or less.

**Anaerobic Test :** *This tests your ability to sprint, and simulates the response to an emergency.*

This test involves 7 shuttle runs (ie 7 x 15 metres) done as quickly as possible. You must complete this test in 35 seconds or less.

**Fire-extinguisher/carry test:** *This tests your ability to carry a standard fire-extinguisher through a building in an emergency.*

You should carry a standard fire extinguisher, weighing 14kg, for 30m (two shuttles) without dropping it. You must complete this test in 30 seconds or less.

**(ii) Strength/power tests :**

*These tests assess upper body strength, grip and hold strength required in control and restraint techniques.*

**Seated bench press:** *You will complete 5 measured bench-presses using a concept-II ergo meter.*

The average bench press over the 5 should be 34Kg or higher.

**Seated bench pull:** *You will complete 5 measured bench-pulls using the concept-II ergo meter.*

The average bench pull over the 5 should be 34Kg or higher.

**Grip Strength:** This is measured using a standard grip strength ergo meter. You will be asked to squeeze as hard as you can with right and left hands (you will get two shots with each hand)

**Minimum strength to pass:**

Dominant hand        **32kg**

Non-dominant hand   **30kg**

**Shield Hold:** *The test will require a standard riot shield, of about 6Kg to be held in from the body in a stipulated position.*

The shield must be held in a position for a minimum of 60 seconds.

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