

Police Technology Physical Requirements

COOPER 12 MINUTES (100 METER TRACK)

Female

%	METERS
60	1850

Male

%	METERS
60	2300

The test is conducted as follows:

The run is done on an interior 100-meter oval and there are 8 runners participating in each heat that is timed for 12 minutes.

SWIM 200 METERS ** Males & Female

%	TIME/MIN
60	6

The test is conducted as follows:

The swim is done in a 25-meter pool, and must complete eight (8) lengths of the pool as quickly as possible (Time stops at 6 min) and immediately tread water in the deep end for 30 sec. Forward swim strokes only without stopping or touching the bottom of the pool. No flip turns allowed, touch the side of the pool and continue swim. Proper swim attire must be worn and earplugs are permitted.

NOSEPLUGS, FLIPPERS OR FLOTATION DEVICES ARE NOT PERMITTED

DIPS

Female

%	DIPS
60	3

Male

%	DIPS
60	8

The test is conducted as follows:

Place your hands on the dip bars with your arms straighten as starting position. You may cross your ankles and bend your knees but they have to stay stable through the whole test. At the signal given by an instructor start the exercise. With control bend your elbows and let your body drop down to where your elbows are bent to a 90-degree angle or less. Push your body up and down without using a momentum with your legs. Do the maximum number of repetitions you can do without taking a break. (Resin powder is available and the wearing of gloves is permitted but they are not supplied.)

VERTICAL JUMP

Female

%	cm
60	27

Male

%	cm
60	40

The test is conducted as follows:

Height is measured with arm reaching up and body flush to the wall. Candidate then moves away from the wall, feet parallel to the wall and has three attempts at the jump by touching the chart. Height of the jump is subtracted to the height of the standing reach to calculate the score.

FLEXED ARM HANG ** Females Only

%	Seconds
60	10

The test is conducted as follows:

The starting position is with the chin above the bar, and both feet off the ground. Grab the bar using an overhand grip (palms facing away from body). Position the body with the arms flexed and the chin clearing the bar (shoulder width apart). You will be assisted to this position. Once you are in position the assistant starts the stopwatch. The aim of the test is to hold this position for as long as possible.

CHIN-UP ** Males Only

%	CHIN-UP
60	4

The test is conducted as follows:

Hang from the bar with your palms facing away your body. Pull up until your chin is higher or level with the bar. Lower so as to straighten your arms completely. Repeat as many chins as possible moving up and down in a steady way. Balancing your legs or the whole body or **bouncing with your legs and body during the test is utterly forbidden**. Do the maximum numbers of repetitions you can do without letting go of the bar. (Resin is available and the wearing of gloves is permitted but they are not supplied).