



QUEENSLAND POLICE SERVICE

POLICE RECRUIT APPLICANT

PHYSICAL COMPETENCY TEST (PCT) ASSESSMENT

Applicants are required to undertake a physical competency test, in the form of a beep test (also known as a Shuttle Run) to demonstrate they have a reasonable degree of aerobic fitness. This assessment assists in determining whether or not an applicant has the capacity to complete the physical training program and perform the physical demands of an operational police officer safely.

The levels that applicants should aim to achieve in the beep test are adjusted for age and gender, and require applicants to achieve a C Level of fitness at the very least. By achieving this reasonable degree of aerobic fitness, relative to age and gender, applicants are able to demonstrate they have a degree of aerobic capacity reasonably necessary to perform the duties of an operational police officer safely, and successfully complete the Physical Skills Program safely, with little likelihood of injury.

Age/Gender	Required Level				
	A	B	C	D	E
U30 Male	≥ 9/4	9/3 - 8/6	8/5 - 7/8	7/7 - 7/4	≤ 7/3
30-39 Male	≥ 8/5	8/4 - 7/10	7/9 - 7/1	6/10 - 6/7	≤ 6/6
40+ Male	≥ 7/7	7/6 - 7/1	6/9 - 6/3	6/2 - 5/9	≤ 5/8
U30 Female	≥ 7/5	7/4 - 6/10	6/9 - 6/3	6/2 - 5/9	≤ 5/8
30-39 Female	≥ 7/1	6/10 - 6/5	6/4 - 5/6	5/5 - 5/3	≤ 5/2
40+ Female	≥ 6/5	6/4 - 5/7	5/6 - 5/1	4/9 - 4/7	≤ 4/6

LEVEL A: Superior fitness and should have no difficulty in completing fitness assessments at the Academy.

LEVEL B: Good fitness level and should have little difficulty in completing fitness assessments at the Academy.

LEVEL C: Average fitness and should be able to achieve the fitness assessments at the Academy with some or minimal assistance.

LEVEL D: The applicant has below average fitness and while an application may be submitted once an applicant has reached this level, appointment to an Academy is conditional upon attaining Level C or higher.

Level E: The applicant has poor fitness level and an application should not be submitted until a higher level of fitness is attained.

NOTE FOR EXAMINING DOCTOR

Please assess the police recruit applicant to determine fitness to undertake the physical competency test and issue the certificate of fitness. The applicant has been requested to complete a medical history questionnaire, which may be of assistance to you in examining his/her fitness.

If you have any reservations about this applicant’s physical capacity to undertake the physical competency test please do not hesitate to refer him/her to a cardiologist or other appropriate medical specialist.

**Manager
RECRUITING SECTION**

CERTIFICATE OF FITNESS

I,

hereby certify that I have examined

aged, who was born on/...../....., and who is an applicant for admission as a police recruit in the Queensland Police Service. I have found that he/she is medically fit to undergo the physical competency test as outlined above.

Date:/...../.....

.....
PEMS Provider Signature



QUEENSLAND POLICE SERVICE POLICE RECRUIT APPLICANT

I,
(Applicant's full name - PLEASE PRINT)

of
(Applicant's full address - PLEASE PRINT)

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 physical competency test I am required to undertake as an applicant for selection as a police recruit in the Queensland Police Service

Signed:

Date:/...../.....

Witness:

Name:

Position:
(J.P., Doctor or Police Officer)

NOTE: All applicants are to complete this indemnity and have their signature witnessed by a doctor, J.P. or Police Officer. Applicants must produce the Certificate of Fitness, duly completed by a Pre Employment Medical Service (PEMS) Provider, with the indemnity signed and witnessed, before they will be permitted to undertake the physical competency test.

OFFICE USE ONLY

PHYSICAL COMPETENCY TEST RESULTS

DRIVER LICENCE No.....

	LEVEL	SUPERVISOR
ATTEMPT 1/...../.....
ATTEMPT 2/...../.....
ATTEMPT 3/...../.....
ATTEMPT 4/...../.....

COMMENTS:
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