

## Police Technology Physical Requirements

### COOPER 12 MINUTES (100 METER TRACK)

**Female**

**Male**

%	METERS
60	1850 (18.5 laps)

%	METERS
60	2300 (23 laps)

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 50 METERS \*\* Males & Female

%	TIME/MIN
60	1:30

The test is conducted as follows:

The swim is done in a 25-meter pool. The candidate must complete a 50-meter swim without stopping in less than one minute and thirty seconds. Forward swimming strokes only and no flip turns. No touching the sides or bottom of the pool throughout the swim. Proper swim attire must be worn. Earplugs and goggles are permitted.

**NOSEPLUGS, FLIPPERS OR FLOTATION DEVICES ARE NOT PERMITTED**

### DIPS

**Female**

**Male**

%	DIPS
60	3

%	DIPS
60	8

The test is conducted as follows:

Place your hands on the dip bars with your arms straight at 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 your legs for momentum. Do the maximum number of repetitions you can do without taking a break. (Chalk and the wearing of gloves are permitted but 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. (Chalk and the wearing of gloves are permitted but are not supplied).

**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 strictly forbidden**. Do the maximum numbers of repetitions you can do without letting go of the bar. (Chalk and the wearing of gloves are permitted but not supplied).

*\* It is strongly recommended that all candidates perform at a reasonable pace to ensure that they meet the required results for a passing grade, but not over exert themselves to the point where they cannot complete the other tests successfully.*