

## Anness B

<b>Ministeru</b>	<i>Ministeru għall-Intern, is-Sigurtà Nazjonali u l-Infurzar tal-Liġi</i>
<b>L-impjeg</b>	<i>Spettur tal-Pulizija</i>



MINISTRY FOR HOME AFFAIRS, NATIONAL SECURITY  
AND LAW ENFORCEMENT  
201, STRAIT STREET VALLETTA

### Test fl-Effiċjenza Fizika

#### I-1 FAŽI: MULTI-STAGE FITNESS TEST 'BLEEP TEST 15-METERS'

It-test jibda bir-rakkomandazzjoni tal-15 *Meters Multi stage fitness test* imsejjaħ bħala '**bleep test**' <https://www.youtube.com/watch?v=nNsVzKt5lPQ>. Dan it-test huwa bbażat fuq evidenza xjentifika u huwa ddisinjat biex jaqbel mal-ħtiġijiet aerobiċi tat-Taħriġ tas-Sigurtà Personali.

- Waqt li jisma' r-recording tal-Multistage Fitness Test, l-applikant għandu jiġri lejn u minn distanza ta' 15-il metru fil-ħin mal-bleeps.
- Jekk jasal fil-linja tat-tarf qabel ma jinstema' l-bleep irid jistenna l-bleep qabel ma jkompli jiġri u għandu jaġġusta l-veloċità tiegħu kif xieraq.
- Il-ħin bejn il-bleeps għall-ewwel huwa bil-mod (il-bleeps huma madwar seba' sekondi 'l bogħod minn xulxin) iżda jsiru aktar spissi hekk kif it-test javvanza.
- Hekk kif it-test javvanza, se jkun iktar diffiċli li jlaħħaq mal-veloċità meħtieġa.
- Ikun hemm penali jekk l-applikant jonqos milli jilħaq il-linja fil-bleep xieraq. Total ta' tliet (3) penali huma aċċettati bit-tielet waħda tirriżulta fit-tmiem tat-test.

It-test jinvolvi **15-metre shuttle runs** b'ħin totali ta' 3 minuti u 35 sekonda. Jekk l-applikant jonqos milli jilħaq il-livell ta' **5.4** jiġi skwalifikat u ma jkomplix għat-tieni test.

---

#### It-2 FAŽI: JOB-RELATED CIRCUIT TEST

**I-1 Ostaklu:** L-applikant joqgħod fil-karozza tal-għassa biċ-ċinturin tas-sigurtà milbus u b'idejha fuq l-istearing. Mas-suffara l-applikant joħroġ mill-vettura u jiġri għal 40 metru lejn l-ewwel stazzjon.

**It-2 Ostaklu:** L-applikant ikollu jaqbeż barrikata tal-ilma li tkun ~ 80 cm għolja.

**It-3 Ostaklu:** L-applikant irid jagħmel *tyre shuffle* ta' tnaħ-il *tyre*.

**It-4 Ostaklu:** L-applikant irid jaqbeż minn fuq barrikata tal-pulizija.

**It-5 Ostaklu:** L-applikant irid idawwar tajer ta' 50 Kilo għal darbtejn.

**It-6 Ostaklu:** L-applikant irid jitla' taraġ idur ma' cone u jinzel it-taraġ. Huwa importanti li mill-inqas sieq waħda titqiegħed fuq kull taraġ għat-tul kollu tat-taraġ.

**It-7 Ostaklu:** L-applikant irid jiġri tul passagġ bejn it-tajers għal 15-il metru.

---



**Ministry for Home Affairs, National Security and Law Enforcement**

201, Strait Street  
Valletta  
Telephone: 25689 000

**It-8 Ostaklu:** L-applikant irid ikaxkar manikin ta' 50 kilo għal distanza ta' 20 metru.

**Id-9 Ostaklu:** L-applikant irid jitkaxkar taħt għoli ta' 60 centimetru għal tul ta' 4 metri.

**L-applikant jispiċċa l-korsa ladarba ddoqq il-qanpiena fil-linja tat-tmiem.** Jekk l-applikant jonqos milli jlesti wieħed (1) mid-disa' (9) ostakli ta' hawn fuq, jiġi skwalifikat awtomatikament. It-test irid jitlesta fi żmien massimu ta' 2 minuti u 30 sekonda.

---

## **RIMARKI OĦRA**

1. *Il-General Physical Intake Standards Test* jinqasam f'zewġ partijiet b'perjodu ta' mistrieħ ta' 15-il minuta għal-stretching u l-idratazzjoni.
2. It-testijiet isiru fiż-żona tal-parkeġġ tal-Kumpless Ta' Kandja u l-bini tal-gymnasium. Se ssir assesjar tar-riskju sabiex timminimizza u taċċerta li r-riskji kollha tneħħew jew tnaqqsu. Persunal iċċertifikat fl-Ewwel Għajnuna se jkun fuq il-post.
3. L-applikanti kollha li jwettqu t-test għandhom jimlew **Kwestjonarju ta' Preparazzjoni għall-Attività Fizika (formola PAR-Q)**.
4. Għalliem tal-fizika jkun fuq il-post matul it-test sabiex jassisti u jiżgura s-sigurtà.
5. Resit ikun disponibbli fi żmien ġimgħa għal dawk li jfallu. Ir-resits għandhom isiru b'mod sħiħ.



**Ministry for Home Affairs, National Security and Law Enforcement**

201, Strait Street  
Valletta  
Telephone: 25689 000

## Annex B

<b>Ministry</b>	<i>Ministry for Home Affairs, National Security and Law Enforcement</i>
<b>Job title</b>	<i>Police Inspector</i>



MINISTRY FOR HOME AFFAIRS, NATIONAL SECURITY  
AND LAW ENFORCEMENT  
201, STRAIT STREET VALLETTA

### Physical Efficiency Test

#### PHASE 1: MULTI-STAGE FITNESS TEST 'BLEEP TEST 15-METERS'

The test starts with the recommendation of the 15 Meters Multi stage fitness test referred to as the '**bleep test**' <https://www.youtube.com/watch?v=nNsVzKt5IPQ>. This test is based on scientific evidence and is designed to match the aerobic demands of *Personal Safety Training*.

- While listening to the Multistage Fitness Test recording the applicant should run to and from along the 15-meter distance in time with the beeps.
- If the applicant arrives at the end line before the bleep sounds the applicant needs to wait for the bleep before resuming running and should adjust the speed accordingly.
- The timing between beeps is slow at first (the beeps are about seven seconds apart) but they become faster as the test progresses.
- As the test progresses, it will become more difficult to keep up with the required speed.
- If the applicant fails to reach line in the appropriate bleep a penalty is incurred. A total of three (3) penalties is accepted with the third one resulting in the end of test.

The test involves a **15-metre shuttle runs** with a total time of *3 minutes 35 seconds*. If an applicant fails to reach the level of **5.4** they will be dismissed and would not continue onto the second test.

---

#### PHASE 2: JOB-RELATED CIRCUIT TEST

**Obstacle 1:** Applicant would sit in patrol car with seatbelt fastened and hands on the steering wheel. On whistle person exits the vehicle and runs for 40 meters to the first station.

**Obstacle 2:** Applicant would have to jump a water barrikata which is ~80 cm in height.

**Obstacle 3:** Applicant would tyre shuffle 12 tyres.

**Obstacle 4:** Applicant would jump over a police barrikata.

---



**Ministry for Home Affairs, National Security and Law Enforcement**

201, Strait Street  
Valletta  
Telephone: 25689 000

**Obstacle 5:** Applicant would flip a 50 Kilograms tyre twice.

**Obstacle 6:** Applicant would climb a flight of stairs turn around a cone and climb down the stairs. It is important that at least one foot is placed on each step for the entire flight of stairs.

**Obstacle 7:** Applicant would run along a path between tyres for 15 meters.

**Obstacle 8:** Applicant would drag a dummy of 50 Kilograms and 20 meters distance.

**Obstacle 9:** Applicant would crawl under a height of 60 centimetres for the duration of 4 meters.

**Applicant finishes the course once they ring a bell at the finish line.** If an applicant fails to complete one (1) of the above nine (9) stations, it is considered to be an automatic failure. The test must be completed within a maximum time of 2 minutes 30 seconds.

---

## **OTHER REMARKS**

1. The General Physical Intake Standards Test will be split into two parts with a *15 Minute Rest Period* for stretching and hydration.
2. The tests will be carried out at the Ta' Kandja Complex parking area and the gymnasium building. A risk assessment will be conducted so to minimise and ascertain that all risks have been removed or reduced. First-Aid Certified Personnel will be on site.
3. All applicants conducting the test must complete a **Physical Activity Readiness Questionnaire (PAR-Q form)**.
4. A physical instructor will be on-site during the test in order to assist and ensure safety.
5. A resit will be available within a week to those who fail. Resits must be conducted in full.



**Ministry for Home Affairs, National Security and Law Enforcement**

201, Strait Street  
Valletta  
Telephone: 25689 000