

Anness B

Ministeru	<i>Ministeru għall-Intern, is-Sigurta' Nazzjonali u l-Infurzar tal-Liġi</i>
L-impjeg	<i>Kuntistabbli 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-htigijiet 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 jilhaq 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 jilhaq 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 barriera tal-ilma li tkun ~ 80 cm għolja.

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

It-4 Ostaklu: L-applikant irid jaqbeż minn fuq barriera 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.



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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 jispicča l-korsa ladarba ddoqq il-qanpiena fil-linja tat-tmiem. Jekk l-applikant jonqos milli jlesti wiehed (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 Għajjuna 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.



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



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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=nNsVzKt51PQ>. 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 barrier which is ~80 cm in height.

Obstacle 3: Applicant would tyre shuffle 12 tyres.

Obstacle 4: Applicant would jump over a police barrier.



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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.



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