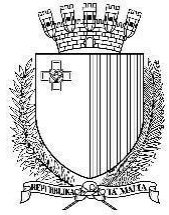


Anness B



Ministeru	<i>Ministeru għall-Intern, is-Sigurta' u x-Xogħol</i>
L-impjeg	<i>Kuntistabbli tal-Pulizija ta' Riserva (RPC)</i>

MINISTERU GĦALL-INTERN, IS-SIGURTA' U X-XOGĦOL
201 TRIQ ID-DEJQ VALLETTA, MALTA

ANNEX B - MULTI-STAGE FITNESS TEST 'BLEEP TEST 15-METERS'

It-test jibda bir-rakkomandazzjoni tal-15 Meters Multi stage fitness test imsejjah 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-Sigurtá 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 jkompli jiġri u għandu jaġġusta l-velocità 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 jlahhaq mal-velocità 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 jinvolti ġirjiet shuttle ta' 15-il metru li r-rekwiziti tagħhom huma skont il-gruppi ta' età hawn taħt:

Età:

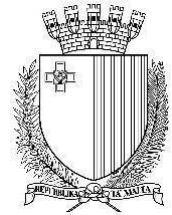
43-50 sena – Livell 4.2

51+ sena – Livell 4

Dawk l-applikanti li jonqsu milli jilhqu l-livell meħtieġ ma jkunux jistgħu jkomplu għall-istadju li jmiss tal-proċess ta' rekrutazzjoni .

Annex B

Ministry	<i>Ministry for Home Affairs, Security and Employment</i>
Job title	<i>Reserve Police Constable (RPC)</i>



MINISTRY FOR HOME AFFAIRS, SECURITY AND
EMPLOYMENT
201, STRAIT STREET, VALLETTA, MALTA

APPENDIX B - 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 you should run to and from along the 15-meter distance in time with the bleeps.
- If you arrive at the end line before the bleep sounds you need to wait for the bleep before resuming running and you should adjust your speed accordingly.
- The timing between bleeps is slow at first (the bleeps 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 officer 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 which requirements are according to age brackets below:

Age:

43-50 years old- Level 4.2

51+ years old- Level 4

Those applicants who fail to achieve the level required will not be able to proceed to the next stage of the recruitment process.