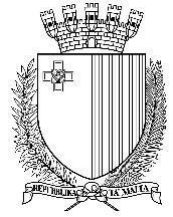


Anness B



Ministeru	<i>Ministeru għall-Intern, is-Sigurta' u x-Xogħol</i>
L-impjeg	<i>Uffiċjali tal-Pulizija għall-Patrol u għall-Appoġġ tal-Komunità</i>

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

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

It-test jibda bir-rakkomandazzjoni tal-15 Meters Multi stage fitness test imsejjaħ bħala '**bleeptest**', <https://www.youtube.com/watch?v=nNsVzKt5IPQ>. Dan it-test huwa bbażat fuq evidenza xjentifika u huwa ddisinjat biex jaqbel mal-htigijiet 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 jlaħħaq mal-velocità 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.

L-eżerċizzju jikkonsisti **f'għirja ta' shuttle ta' 15-il metru**. Il-livelli ta' prestazzjoni meħtieġa skont il-firxa ta' etajiet huma kif ġej:

Età:

18–29 sena - Livell 4.6

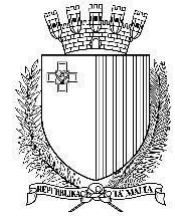
30–39 sena - Livell 4.4

40–49 sena - Livell 4.2

50+ sena - Livell 4.0

Applikanti li ma jilħqux il-livell meħtieġ mhux se jithallew jipproċedu għall-fażi sussegwenti tal-proċess ta' reklutaġġ.

Annex B



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

Ministry	<i>Ministry for Home Affairs, Security and Employment</i>
Job title	<i>Police Patrol and Community Support Officer (PPCSO)</i>

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

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

- While listening to the recording of the Multistage Fitness Test, the applicant must run to and from a distance of 15 meters in time with the beeps.
- If he reaches the finish line before the bleep is heard, he must wait for the bleep before continuing to run and must adjust his speed accordingly.
- The time between the beeps is slow at first (the beeps are about seven seconds apart) but they become more frequent as the test progresses.
- As the test progresses, it will be more difficult to keep up with the required speed.
- There will be a penalty if the applicant fails to reach the line at the appropriate bleep. A total of three (3) penalties are accepted with the third one resulting in the end of the test.

The test involves a **15-metre shuttle runs** which requirements are according to age brackets below:

Age:

18-29 years old- Level 4.6

30-39 years old- Level 4.4

40-49 years old- Level 4.2

50+ years old- Level 4.0

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