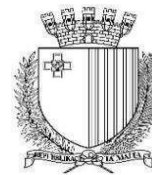


Anness B



Ministeru	Ministeru għall-Intern, is-Sigurta' u x-Xogħol
L-impjieg	Kuntistabbli tal-Pulizija

MINISTERU GHALL-INTERN, IS-SIGURTA' U X-XOGHOL
35, TRIQ IL-FORN L-ANTIK, VALLETTA

Test fl-Effiċjenza Fizika

L-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=hiopcU0oTpE>. 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-veloċitá 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-veloċitá 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 ġirjiet ta' shuttle ta' 15-il metru, li l-livelli meħtieġa tagħhom huma skont il-firxiet ta' età hawn taħt:

Rekwiżit minimu ta' età – 29 sena – Livell 5.6

30 sena – Rekwiżit massimu ta' età – Livell 5.4

Dawk l-applikanti li jonqsu milli jilħqu l-livell meħtieġ jiġu skartati u ma jkomplux għall-fażi 2.



IT-2 FAŽI: JOB-RELATED CIRCUIT TEST

L-1 Ostaklu: L-applikant joqgħod fil-karozza tal-ghassa biċ-ċinturin tas-sigurtá milbus u b'idejh fuq l-istearing wheel. Mas-suffara l-applikant johroġ mill-vettura u jiġri għal 40 metru lejn l-ewwel stazzjon.

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

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

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

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

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

Is-7 Ostaklu: L-applikant irid jiġri tul passaġġ bejn tajers għal 15-il metru.

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.

Rekwizit minimu ta' età – 29 sena - 2 minuti and 30 sekonda

30 sena – Rekwizit massimu ta' età - 2 minuti and 45 sekonda

RIMARKI OĦRA:

1. Il- General Physical Intake Standards Test jinqasam f'żewġ partijiet b'perjodu ta' mistrieħ ta' 15-il minuta għal-stretching u l-idratzzjoni
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-sigurtá
5. Resit ikun disponibbli fi żmien gimġha għal dawk li jfallu. Ir-resits għandhom isiru b'mod shiħ.



Ministry for Home Affairs, Security and Employment

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Valletta

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Annex B

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



MINISTRY FOR HOME AFFAIRS, SECURITY AND EMPLOYMENT
35, OLD BAKERY 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=hiopcU0oTpE>. 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 beeps.
- 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 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 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 required levels are according to age brackets below:

Minimum age requirement - 29 years old - Level 5.6
30 years old - Maximum age requirement - Level 5.4

Those applicants who fail to achieve the level required will be dismissed and will not proceed to phase 2.



PHASE 2: JOB-RELATED CIRCUIT TEST

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

Obstacle 2: Examinee would have to jump a water barrier which is ~80 cm in height.

Obstacle 3: Examinee would tyre shuffle 12 tyres.

Obstacle 4: Examinee would jump over a police barrier.

Obstacle 5: Examinee would flip a 50 Kilograms tyre twice.

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

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

Obstacle 8: Examinee would drag a dummy of 50 Kilograms and 20 meters' distance.

Obstacle 9: Examinees would crawl under a height of 60 centimetres for the duration of four meters.

Examinee finishes the course once they ring a bell at the finish line. If an examinee fails to complete one (1) of the above nine (9) stations, it is considered to be an automatic failure. The test must be completed in the below time frames according to age limits below:

Minimum age requirement-29 years old- 2 minutes and 30 seconds

30- Maximum age requirement - 2 minutes and 45 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 in between.
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 persons conducting 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 on another day to those who fail. Resits must be conducted in full.



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