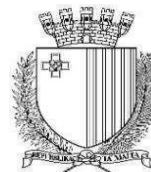


Anness B

Ministeru	Ministeru għall-Intern u s-Sigurta'
L-impjeg	Surġent tal-Pulizija



MINISTERU GHALL-INTERN U S-SIGURTA'
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 imsejjah bhala 'bleep test', <https://www.youtube.com/watch?v=hiopcU0oTpE>. Dan it-test huwa bbażat fuq evidenza xjentifika u huwa ddisinjat biex jaqbel mal-htigijiet aerobiċi tat-Tahriġ tas-Sigurtá Personali.

- Waqt li jisma' r-recording tal-Multi stage Fitness Test, l-applikant għandu jġiri lejn u minn distanza ta' 15-il metru fil-hin mal-bleeps.
- Jekk jasal fil-linja tat-tarf qabel ma jinstema' l-bleep, irid jistenna l-bleep qabel jkompli jġiri u għandu jaġġusta l-veloċita' tiegħu kif xieraq.
- Il-hin 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-veloċita' mehtieġa.
- 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 ġirjiet ta' shuttle ta' 15-il metru, b'hin 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.



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IT-2 FAŻI: *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.

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

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

Is-7 Ostaklu: L-applikant irid jiġri tul passagġ 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 ċentimetru 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.

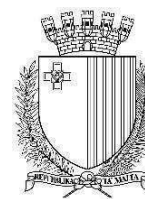
RIMARKI OHRA:

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 tnehhew 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 ġimġha għal dawk li jfallu. Ir-resits għandhom isiru b'mod shiħ.



Annex B

Ministry	Ministry for Home Affairs and Security
Job title	Police Sergeant



MINISTRY FOR HOME AFFAIRS AND SECURITY
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 bleeps.
- If the applicant arrives 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 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 and 35 seconds. If an applicant fails to reach the level of **5.4** they will be dismissed and will not proceed to phase 2.



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PHASE 2: JOB-RELATED CIRCUIT TEST

Obstacle 1: Applicant 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: 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.

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

Obstacle 6: Applicant 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: 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 four meters.

Applicant 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 within a maximum of 2 minutes and 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 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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