Anness B

Ministeru	*Ministeru għall-Intern u s-Sigurta`*
L-impjieg	*Kuntistabbli tal-Pulizija ta' Riserva*

MINISTERU GĦALL-INTERN U S-SIGURTA`
35, TRIQ IL-FORN L-ANTIK, VALLETTA

Dmirijiet

ANNESS 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=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-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 shuttle ta' 15-il metru li r-rekwiżiti 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 jilħqu l-livell meħtieġ ma jkunux jistgħu jkomplu għall-istadju li jmiss tal-proċess ta' reklutaġġ .

Annex B

Ministeru	*Ministry for Home Affairs and Security*
L-impjieg	*Reserve Police Constable*

MINISTRY FOR HOME AFFAIRS AND SECURITY
35, OLD BAKERY STREET, VALLETTA

Duties

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=nNsVzKt5lPQ. 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 accoridng 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.