Physical Assessment

To successfully complete the physical assessment, trainees must undertake a circuit activity that comprises the following:

- Continuous run comprising a series of laps (approx 100 m per lap), with a stair ascent and descent of approx 10 steps at the end of each lap. The total distance of the run is 500m.
- Arm thrusts x 10
- Leg Raises x 10
- Stand/Push/Sit Drill x 10
- 20m Dummy drag (70kg)
- Provide a brief coherent description of the incident.

The physical assessment must be continuous and completed within 5 minutes.

It is a requirement that all applicants attend the pre-course “Physical Assessment” activity to ascertain if you have the fitness level required to be a custodial correctional officer.

Applicants that fail to complete this activity within 5 minutes will not continue in the recruitment.

Physical Assessment

Applicants should be able to run 500 metres including the stairs in 3:30 minutes as a guide to see if you have the ability to pass this component of the recruitment process. Inability to complete 500 metres in the above time would indicate that it is unlikely that the applicant will successfully complete this activity on the day.

All applicants are required to gain a medical clearance from their medical practitioner prior to attending the physical assessment.

COEP Fitness Standards and Physical Activity Good Practice Guide is available on request from the QCS Academy for those applicants who may wish to undertake a training program that may assist their overall fitness and preparation for the physical training, tasks and assessments.
Overview of the Physical Assessment Circuit

1. 100m run lap around exercise stations
   Repeated 5 times

At the conclusion of 5 run laps
The exercise stations are commenced

- **Stairs** (10 steps completed at end of each lap)