Government of **Western Australia**
Department of **Justice**

Applicants guide to the Physical Readiness Test - Custodial Officers

Applicants are required to successfully complete a physical readiness test upon receipt of a satisfactory medical clearance. To pass the physical readiness test, applicant must meet the minimum standards outlined below. It is important that applicants prepare for the physical readiness test well in advance, as a second opportunity may not be provided should the applicant fail to meet the required standards.

The physical readiness test consists of two phases:

Phase 1 – This phase of the test is timed and is made up of seven (7) steps done in three (3) rotations.

The applicant is required to complete all steps in an unbroken six (6) minute period. The applicant may stop and reset or rest, however the timer will continue.

Steps	Activity	This component of the test demonstrates
1	Response Run 120m	Respond quicky and safely to an incident at distance within a custodial facility.
2	Aquabag carry forward	Assist to lift, support or move a person from point to point within a custodial facility.
3	Obstacle manoeuvre	Demonstrate agility and be able to negotiate obstacles while moving around a custodial facility. It also demonstrates range of motion to carry out tasks at ground level such as applying first aid or conducting a cell search.
4	Obstacle manoeuvre (Reversed)	
5	Aquabag carry backward	Move or support a person from an incident area.
6	Step ups	Ascend stairs when responding to an incident and moving around a custodial facility
7	Kneel down	Core strength and the ability to get back on the feet unassisted when carrying out varying tasks such as first aid or cell searches.

Phase one: Step 1 - to be completed once, then steps 2 to 7 - to be completed three times.

All steps from 1 to 7 must be completed within six (6) minutes.

Phase 2 – This phase of the test is not timed and may be performed prior to or after the first phase where time permits.

Steps	Activity	This component of the test demonstrates
1	Pinch Strength Test	To measure the maximum isometric strength of hands and fingers. This is to show the applicant has the basic capacity and dexterity to utilise specific items related to the custodial environment such as handcuffs, locking mechanisms, keys, etc.
2	Grip Strength Test	The capacity for sustained isometric strength of the hands and forearm muscles. This is replicated when needing to restrain a person, retain defensive equipment and restrains, open heavy doors and grilles, handle keys and lifting a range of equipment.

Prior to commencing both phases, applicants should ensure they have warmed up suitably to undertake the test and where lifting is involved that the applicant lifts keeping their back straight, head up and bending at the knees.

Physical Readiness Test - Instructions

Phase 1 – To be completed in a six (6) minute period.

Step 1 – Response run 120m



Action

1. The applicant runs 120 m around the designated course markers.

   Depending on the testing venue, the 120 m Response Run may be conducted using either a 20 m or 10 m course layout.

   It is important that the applicant runs to simulate responding to an emergency/critical incident.

   The applicant must not walk at any point during the 120 mtrs.

Incorrect method/standard

The applicant will fail the test under the following circumstances:

☒ Applicant stops running and walks.

☒ Applicant runs out of the allocated 6-minute time.

Step 2 – Carry 35kg Aquabag 10m forwards

Action



1. The applicant approaches the Aquabag with feet shoulder width apart.
2. The applicant uses correct lifting techniques to raise the Aquabag, bending at the knees whilst keeping the back straight.
3. Once holding the Aquabag in front of their body at waist height, the applicant carries it forward to the 10-meter cone.
4. At the 10-meter cone the applicant lowers the Aquabag to the floor using correct lifting techniques.

Note: The Aquabag may be lowered to the floor and raised again during the carry to reset the applicant's grip and at no time can the Aquabag be dropped.

Incorrect method/standard

The applicant will fail the test under the following circumstances:

☒ Applicant fails to move the Aquabag to the 10-meter cone.

☒ Applicant attempts to drag or push the bag on the floor.

☒ Applicant fails to control the lowering of the Aquabag to the ground.

☒ Applicant drops the Aquabag at any time.

☒ Applicant runs out of the allocated 6-minute time.

At the completion of Step 2 the applicant moves to Step 3.

Step 3.1 – Crawling under an obstacle

Action



1. The applicant is required to assume a crawling position and freely move under a 65cm obstacle then stand up again.

   If the applicant fails to move under the obstacle and knocks over the obstacle, the applicant must reset the obstacle and move back to the 10m cone to reattempt the step.

Incorrect method/standard

The applicant will fail the test under the following circumstances:

☒ Applicant fails to move under the obstacle.

☒ Applicant runs out of the allocated 6-minute time.

Step 3.2 – Stepping over an obstacle

Action



1. The applicant is required freely step over two 50cm obstacles spaced apart.

   If the applicant fails to manoeuvre over the obstacles and knocks over the obstacle, the applicant must reset the obstacle and move back to the10m cone to reattempt the step.

Incorrect method/standard

The applicant will fail the test under the following circumstances:

☒ Applicant fails to move over the obstacle.

☒ Applicant runs out of the allocated 6-minute time.

At the completion of Step 3, the applicant moves around the 20-metre marker and heads back in the opposite direction to complete Step 4.

Step 4.1 – Stepping over an obstacle

Action

1. The applicant is required to freely step over two 50cm obstacles spaced apart.

   If the applicant fails to manoeuvre over the obstacles and knocks over the obstacle, the applicant must reset the obstacle and move back to the 20m cone to reattempt the step.

Incorrect method/standard

The applicant will fail the test under the following circumstances:

☒ Applicant fails to move over the obstacle.

☒ Applicant runs out of the allocated 6-minute time.

Step 4.2 – Crawling under an obstacle

Action

1. The applicant is required to assume a crawling position and freely move under a 65cm obstacle and stand up again.

   If the applicant fails to move under the obstacle and knocks over the obstacle, the applicant must reset the obstacle and move back to the 20m cone to reattempt the step.

Incorrect method/standard

The applicant will fail the test under the following circumstances:

☒ Applicant fails to move under the obstacle.

☒ Applicant runs out of the allocated 6-minute time.

At the completion of Step 4 the applicant moves to Step 5.

Step 5 – Carry 35kg Aquabag 10m backwards

Action



1. The applicant approaches the Aquabag with feet, shoulder width apart.
2. The applicant uses correct lifting techniques to raise the Aquabag, legs bent and back straight.
3. Once holding the Aquabag in front of their body at waist height, the applicant carries it backward to the baseline marker.
4. At the baseline marker the applicant lowers the Aquabag to the floor using correct lifting techniques.

The Aquabag may be lowered to the floor and raised again during the carry to reset the applicant's grip and at no time can the Aquabag be dropped.

Incorrect method/standard

The applicant will fail the test under the following circumstances:

☒ Applicant fails to move the Aquabag to the baseline cone.

☒ Applicant attempts to drag or push the bag on the floor.

☒ Applicant fails to control the lowering of the Aquabag to the ground.

☒ Applicant drops the Aquabag at any time.

☒ Applicant runs out of the allocated 6-minute time.

At the completion of Step 5 the applicant moves to Step 6.

Step 6 – Step ups

Action



1. Applicant is required to step up (20cm) leading with one foot for 20 step ups and down. (10 left leading foot and 10 right leading foot)

2. Applicant will step on with both feet and off with both feet.

3. The applicant calls their step count out loud enough for the assessor to hear.

4. The applicant may choose to alternate their leading feet on each step up or complete the entire 10 step ups and then alternate for the second 10 step ups.

Incorrect method/standard

The applicant will fail the test under the following circumstances:

☒ Applicant fails to step up 10 steps with both left and right leading feet.

☒ Applicant fails to call their step count out loud for the assessor.

☒ Applicant runs out of the allocated 6-minute time.

At the completion of Step 6 the applicant moves to Step 7.

Step 7 – Kneel down

Action



1. Applicant kneels onto one leg and then brings the second leg down into a double leg kneel on the floor.

2. Unsupported, the applicant stands back up. (Applicant may not use their hands on their thighs to stand and may not touch the floor, wall or any other external apparatus)



3. To be completed 2 times each leading leg for a total of 4 kneels.

4. The applicant calls their count upon standing.

5. Where an applicant touches the floor through losing balance or needing support to rise, the participant will be stopped by the assessor and will be sent back to the beginning of Step 7 and will commence this step from the beginning.

6. Where an applicant touches the floor through losing balance or needing support to rise on a second occasion the participant will be stopped by the assessor and the participant will be removed from continuing and a test fail will be recorded against the applicant's name.

Incorrect method/standard

The applicant will fail the test under the following circumstances:

☒ Applicant fails to alternate their leading legs.

☒ Applicant fails to call their stand count out loud for the assessor.

☒ Applicant is unable to stand up unaided externally.

☒ Applicant runs out of the allocated 6-minute time.

Repeat Step 2 - 7 three times to complete phase one

At the completion of step seven move back to step two.

1. The Applicant commences the Aquabag task at Step 2 and completes all steps from 2 – 7 for a second occasion.

2. The Applicant commences the Aquabag task at Step 2 and completes all steps from 2 – 7 for a third and final occasion.

At the completion of Step 7 on the third cycle the test is complete, and the timer is to be stopped and the time recorded.

Completion of all these aspects within 6 minutes will result in passing Phase 1 of the Physical Readiness Test.

Phase 2

TIME – There is no time frame set for this phase of the Physical Readiness Test.

Step 1 – Pinch strength test – 6kg

Start Position.

The applicant pinches the tab using the pointer finger and thumb. The other fingers are to be tucked in to resemble a clenched fist.

Action



1. The applicant attains a pinch grip of greater than 6 kg with the left hand.

2. The applicant attains a pinch grip of greater than 6 kg with the right hand.

Incorrect method/standard

The Applicant will fail the test under the following circumstances:

☒ Applicant is unable to meet the 6kg pinch grip.

☒ Applicant attempts to use second hand or stationary object to assist in achieving a result.

Step 2 – Grip strength test – 20kg

Start Position

The applicant should:

- Stand with feet flat on floor.
- Shoulders relaxed and adducted in neutral position.
- Arms unsupported and elbows flexed at 90 degrees.
- Forearm and wrist in neutral rotation.

Action.

1. The applicant holds the dynamometer in the hand to be tested.
2. Bends arm at right angles with the elbow by the side of the body. The handle of the dynamometer is adjusted if required.
3. When ready the subject squeezes the dynamometer as hard as possible.
4. The task is repeated with the other hand.



Incorrect method/standard

The Applicant will fail the test under the following circumstances:

☒ Applicant is unable to attain a result of 20kg or more.

☒ Applicant attempts to use second hand or stationary object to assist in achieving a result.

Video

A video is available that showcases the Physical Readiness Test.

Visit: https://youtu.be/9hK4kKiAvf8 or https://www.wa.gov.au/organisation/department-of-justice/prison-officer-physical-readiness-test