INFORMATION FOR PARTICIPANTS (ENTRY LEVEL ONLY)
PHYSICAL COMPETENCY ASSESSMENT (EPCA)

Medical Clearance Requirements
A medical clearance from a medical practitioner is required prior to participating in a PCA. The completed Medical Certificate MUST be presented to the endorsed Fitness Advisor prior to undertaking any activities.

Note: the certificate is valid for a maximum period of 3 months unless the participant has sustained an injury or illness in the intervening period in which case a new medical certificate will need to be secured prior to assessment.

Prior to any PCA testing, participants are encouraged to:
- Be well rested (evening prior);
- Wear comfortable sporting attire suitable to the likely weather conditions along with supportive footwear (cross-trainers/runners);
- Hydrate prior to attendance (this is best achieved by taking small sips of water at regular intervals prior to the PCA aim for a minimum of 500mls of water over the preceding 2 hours);
- Bring a water bottle to testing;
- Consume an adequate breakfast/lunch at least 1.5 hours prior to testing; and
- Avoid alcohol/tobacco in the 24 hour period immediately prior to the scheduled testing.

The PCA will determine your level of physical fitness and medical suitability. The assessment results will form part of the application process and medical material pertaining to your general level of health and fitness. Note: In the event that you are successful with your application, you must as a minimum, maintain your level of fitness in accordance with the AFP Physical Competency Assessment (PCA) fitness standards. Failure to do so will result in your inability to proceed with the AFP recruitment gateways for sworn employment. Your fitness will be re-assessed at the commencement of any training with the AFP.

Individuals who do not ordinarily participate in regular and systematic exercise may find the PCA challenging. In rare circumstances some individuals may feel unwell during or at the completion of the PCA. If you have been inactive and do not believe your fitness is at the level required, you should withdraw your application until such time as you are physically prepared to meet the challenges required of this standard however please also note that PCA sessions will only be available for specific periods during the recruitment process.

PCA Competency
Successful PCA results remain valid for 12 months from the date of testing and may be transferred to another intake if the benchmark for the new intake is of equivalent or lower level.

The PCA is a mandatory gateway. Each participant will be offered one attempt at the PCA per intake. If a participant does not meet the required PCA benchmark for an intake, they must not re-sit within that intake and will not proceed to the next stage in the recruitment gateway process.

If a participant does not meet the required PCA benchmark for a specific intake and the AFP advertises a new intake within a 12 month period for the same job or another job, the participant will be afforded 1 attempt at the PCA in the new intake.

General enquires should be directed via email to: AFPRecruitment@afp.gov.au NOTE: THIS CLEARANCE CERTIFICATE IS VALID FOR A PERIOD NO LONGER THAN 3 MONTHS FROM THE DATE OF ASSESSMENT BY YOUR MEDICAL PRACTITIONER.
PHYSICAL COMPETENCY ASSESSMENT
ENTRY AND STANDARD LEVEL
MEDICAL CLEARANCE CERTIFICATE

PURPOSE
The purpose of this medical clearance process is to ensure that there are no MEDICAL CONTRA-
INDICATIONS in the medical history or found on medical examination that would place the
participant’s health and well-being at risk whilst participating in the Australian Federal Police
Physical Competency Assessment (AFP PCA).

AFP PHYSICAL COMPETENCY ASSESSMENT STANDARD
To be deemed competent, the participant must successfully pass all active aspects of the PCA. The
PCA is made up of five components:

1. Introduction to PCA and Safety Briefing;
2. Dynamic Warm-Up (optional);
3. **Strength Tests**
   - II. Abdominal Strength (Phased sit-ups – one sit up per phase – feet not held but
     must maintain contact with the ground);
   - III. Upper body (Number of continuous push-ups performed in 60 seconds);
4. **Aerobic Performance** - 20m Shuttle Run Test (Beep Test)
   This test involves running back and forth between lines positioned 20 metres apart. The
   pace is set by a series of auditory signals (beeps) and the running speed is increased each
   minute – this test may require ‘maximal’ effort. **To be deemed competent, participants
   must successfully reach level 6.5 this equates to 46x20 metre shuttle runs, totalling 920
   metres.**
5. Warm Down (optional)

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<tr>
<th>NOTE: This section is to be completed by your: Private or Work-based MEDICAL PRACTITIONER</th>
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<tr>
<td>I confirm that I have been given the opportunity to view the above AFP Physical Competency</td>
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<tr>
<td>Assessment Standards and have assessed [insert name]:</td>
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<td>............................................................................................................................................ Date of Birth: <strong><strong>/</strong></strong>/____</td>
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<td>in line with the relevant battery of tests and confirm that there are no medical contraindications or</td>
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<td>relevant medical history known to me that would prevent him/her from safely participating in all</td>
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<td>aspects of the PCA. Please note that it is not essential to provide comments unless you deem it necessary.</td>
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<td>Blood Pressure/HR assessed: <em><strong><strong>/</strong></strong></em>_ RHR(____)</td>
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