



## **JOB RELATED FITNESS TEST (JRFT)**

The Job Related Fitness Test 2001 (JRFT) was developed by Loughborough University Physical Education and Sports Science Department. Candidates will be allowed to attempt the test a maximum of three times before they fail the process. It is a condition of appointment that you pass the fitness test.

Anyone unable to reach the required standard will receive advice and guidance on improving overall health and fitness levels.

### **What is the JRFT?**

The JRFT is a 'construct' test rather than a 'content' test - the latter uses typical activities such as scaling walls, dragging bodies, etc. The construct style of testing was chosen because of several advantages it possesses over the content style. These include:

- Little technique needed
- Economic set-up and administration
- Safer and more convenient, with little specialist equipment required

In order to investigate the nature and extent of the physical demands placed upon street duty policing, job analyses using questionnaires, interviews and direct observations are undertaken. This research indicated that the following physical components or 'constructs' are present:

- Endurance fitness

From these constructs, valid, reliable and easily administered tests were developed. The table shows the constructs, the fitness test and their performance indicants. The standard required on these test elements were set based upon the level of fitness required to perform the physically demanding tasks identified.

<b>Construct</b>	<b>Fitness Test</b>	<b>Job performance indicants</b>
Endurance fitness	15 metre shuttle endurance test	Prolonged chases, stair climbing, foot patrols, use of force lasting several minutes

### **Endurance Fitness**

Endurance fitness is defined as the ability to perform large-muscle, dynamic, moderate to high intensity exercise for long periods. Any activity that requires the participant to get out of breath for long periods.

This test of endurance fitness involves running to and fro along a 15 metre track, arriving at each end line, in time with a series of audio bleeps. If you arrive at the end line before the bleep sounds, then you should turn around, wait for the bleep, then resume running and adjust your speed.

At the end of each level, the time interval between bleeps will decrease so that the running speed will need to be increased. The first running speed is 'level 1', the second is 'level 2' and so on. The end of each level will be denoted by a double bleep and the commentator announcing the start of a new level.

You should run for as long as possible, until you can no longer keep up with the set pace. At this point, you should voluntarily withdraw from the test. In some cases, a fitness tester will have to withdraw you from the test when it becomes apparent that you are not achieving the required pace. You will be withdrawn from the test if you are unable to meet the end lines on three consecutive occasions. The fitness tester will issue a verbal warning on each occasion that you did not reach either end line.

A longer running time indicates a greater level of endurance fitness.