

Bond University  
Research Repository



## The physical fitness profiles of specialist policing teams

Hutchinson, J; McKay, C; Hodkiewicz, S; Schram, Ben; Fontenelle Dumans Canetti, Elisa; Orr, Rob Marc

*Licence:*  
Unspecified

[Link to output in Bond University research repository.](#)

*Recommended citation(APA):*  
Hutchinson, J., McKay, C., Hodkiewicz, S., Schram, B., Fontenelle Dumans Canetti, E., & Orr, R. M. (2023). *The physical fitness profiles of specialist policing teams*. 489. Poster session presented at Australian Physiotherapy Association, Brisbane, Queensland, Australia. [https://ignite2023.physio/wp-content/uploads/2023/09/Ignite2023\\_Abstract\\_book\\_V5.pdf](https://ignite2023.physio/wp-content/uploads/2023/09/Ignite2023_Abstract_book_V5.pdf)

### General rights

Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

For more information, or if you believe that this document breaches copyright, please contact the Bond University research repository coordinator.

## The physical fitness profiles of specialist policing teams

**Hutchinson J**<sup>1</sup>, McKay C, Hodkiewicz S, Scram B, Canetti E, Orr R

<sup>1</sup>Bond University

Poster Presentations Friday Lunchtime, Exhibition Hall, October 6, 2023, 12:20 PM - 1:02 PM

Aim: To profile the fitness of two groups of Australian Specialist Police.

Design: Retrospective Cohort Study

Method: De-identified data of 17 male specialist police officers from two specialist police response groups (Riot Squad (RS) and Police Tactical Group (PTG)) were provided. Data included demographics (age, height, and weight), strength (1 Repetition Maximum (1RM) bench press, deadlift, pull-up + Body Weight (BW), and squat), speed (0-10m acceleration & 10-20m peak velocity), agility (box agility drill), aerobic capacity (30-15 Intermittent Fitness Test) and power (bench throw and countermovement jump).

Results: There were no significant differences in demographics, although officers from RS were, on average, older (1.45yrs,  $p=0.390$ ), shorter (-2.04cm,  $p=0.15$ ), and lighter (-3.43kg,  $p=0.55$ ) than PTG officers. PTG officers had significantly greater strength (1RM deadlift = 38.50kg,  $p=0.001$ , 95% CI [17.62-59.38], 1RM squat = 34.00kg,  $p<0.001$ , 95% CI [16.6-51.5], 1RM bench press = 26.83kg,  $p=0.004$ , 95% CI [9.8-43.8]) and quicker acceleration (0.11sec,  $p=0.032$ , 95% CI [0.01-0.21]) than RS officers. Both groups performed at a level comparable to elite athletes for most other measures.

Conclusion: Specialist police possess high levels of aerobic fitness, strength, acceleration, and power, with subtle differences between units, thought to be due to varying occupational roles. This study provides benchmarks for selection, return-to-work practices and maintenance programs for health professionals working within these units.

Key Practice Points:

- Specialist police possess fitness profiles comparable to elite athletes.
- Different occupational roles require different reconditioning prior to return-to-work following injury.