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Performance on an anaerobic specialist tactical police fitness test: Candidates Versus Specialist Tactical Response Police Officers

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Results

• There were no significant differences in height, body weight or total loads between groups (Table 1).

Results

• Candidates were significantly (p = 0.002) younger (candidates = 32.11 ± 4.90 yrs: officers = 37.82 ± 6.64 yrs) and carried significantly (p <.001) heavier (candidates =24.02 ± 3.67 kg: officers = 18.97 ± 2.23 kg) occupational loads when compared to the specialist tactical police officers.

• The UR times of the specialist tactical police officers were generally faster than those of the candidates, with the result approaching significance (p= 0.087: candidates =111.73 ± 9.21 secs: officers = 105.10 ± 14.61 secs).

Conclusion

• Often selection courses include intense physical stresses which require the candidates to be exceptionally fit and increases their risk of physical injury during the process.

• Given the similar total loads moved and UR task times to completion, the results of this study suggest that candidates attempting selection into a specialist tactical police unit may be at a suitable level of fitness on attending selection and that the differences between successful selection and failure could focus on measures other than fitness.

References:


Operational Relevance:

If candidates are as fit as qualified officers when attending selection, avoiding excessive physically demanding tasks (for the sake of being physically demanding) and focusing on other attributes during selection may mitigate a potential for loss of future specialist personnel due to potential injury in the selection process.