









The Functional Fitness Assessment (FFA) has been designed in conjunction with the Department of Immigration and Border Protection to accurately assess the fitness requirements for Operational Safety Training (OST). It evaluates several key areas of fitness including:

| | | |
|---|---|---|
|  Flexibility and Spinal Mobility |  Agility |  Manual Handling Skills |
|  Core Stability |  Power |  Lower Body Strength and Endurance |
|  Aerobic Capacity/ Cardiovascular Fitness |  Upper Body Strength and Endurance | |

The FFA gives a representation of an applicant's overall fitness, and will relate to the requirements for the role. It has been designed to include standardised fitness tests and customised assessments for the physical requirements of a Department of Immigration and Border Protection Officer. It is recommended applicants have a good level of fitness before undertaking an assessment and ensure all areas of fitness are addressed as indicated above. Medical clearance must be obtained prior to undertaking the FFA.

Payment for the initial medical assessment and FFA is covered by the Department of Immigration and Border Protection. If an applicant is referred for further tests or treatment as a result of the initial medical or FFA, individual applicants are responsible for any costs incurred.

| Test | Pass Measure | Characteristic Assessed | Time Allowed During Assessment* |
|------------------------------------|---|--|---------------------------------|
| Knee Extension | > 135° | Hamstring flexibility | 2 minutes |
| Thomas Test | To parallel or below | Range of motion around the hip | 2 minutes |
| Walters Bow | > 40° | Lower back stability | 1 minute |
| Core Stability Test | Level 6 or greater | Transversus Abdominis Stability | 2 minutes |
| Lower Abdominal Strength Test | > 150° | Abdominal strength | 1 minute |
| Queens College Step Test | Age and gender specific | Predicted aerobic capacity | 3 minutes |
| Multi-directional Lunge Test | 8 out of 10 correct lunges | Coordination, balance and strength during lunge action | 3 minutes |
| Vertical Jump | >= 35cm for males >= 26cm for females | Lower body power | 1 minute |
| Hexagonal Obstacle Test | < 20.9 seconds | Agility, coordination and balance | 2 minutes |
| 20 Repetition Squat Assessment | 20 complete and proper squats | Strength and stability during squatting action | 2 minutes |
| Push Up Test | >= 10 reps for males >= 8 reps for females | Upper body strength endurance | 2 minutes |
| 10 Repetition Functional Lift Test | 10 complete and proper lifts | Stability and strength | 2 minutes |

REQUIREMENTS

Estimate appointment time:
1 hour

- Participants should attend the Border Force Basic Fitness Assessment wearing a comfortable shirt and shorts, with running or cross training shoes. The clothing should allow for freedom of movement to undertake moderate intensity exercise and a large range of motion.
- Participants should attend the Border Force Medical with relevant prescription glasses, hearing devices, medical history paperwork to your role and photo identification.
- Limit exposure to excess noise for at least 16 hours prior to your audio assessment.
- Refrain from smoking for 24 hours.
- It is recommended that participants refrain from training the day prior to testing to give themselves the best opportunity of performing to their maximum ability in all tests.
- Allow for fasting prior to pathology tests. Minimum time 8 hours.