








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	12 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.