



Frequently Asked Questions - Medical Standards

My BMI is over 30 but I am very muscular. Can I still pass?

Police medical standards require a BMI of 30 or less. If your BMI is over 30 we will look at other information (% body fat) to determine if you can be cleared. Body fat is measured by skin fold thickness and / or Bioelectrical Impedance Analysis (scales). You can discuss this with your family doctor. Each case is considered individually but if you do not meet the standards you will not be accepted until you are within standards. Please note that a very low BMI may also be outside of standards.

I had a childhood fracture/sprain etc. Do I need an Orthopaedic report?

Generally no you don't; unless you have some deformity or impairment of function as a result. Your assessing doctor will help to determine if this is required. You may wish to provide a report from your usual GP about any minor injuries to help speed up your application.

I had a shoulder dislocation/knee reconstruction/back surgery. Can I apply?

Yes, but all major orthopaedic injuries will require an orthopaedic report and clearance of your medical is not guaranteed.

I have low back pain. Can I apply?

If you have a current back injury, back pain or are using medications to manage your back injury, you would not be accepted. If you had moderate to severe back pain or injury in the past and have fully recovered, you will still be required to submit any x-rays or scans that were previously performed and to get an appointment with your treating physio or doctor. They will need to provide a history of your back injury, examine your back and write a letter of their findings and opinion regarding the condition of your back. We may also require a functional capacity test for further evaluation. If you have had surgery to the spine, you will be required to get a comprehensive report from your spinal surgeon regarding your capacity and any restrictions you may have. This will be assessed on a case by case basis.

I had childhood asthma. Do I need a report from a Respiratory Specialist?

Not necessarily. If you had childhood asthma and have required no treatment for a number of years, a GP report will suffice. You will still need to undergo a bronchial provocation test that your GP can organise. We will require a copy of these results. Should these results be abnormal you will need a specialist report.



I take medication for asthma. Can I apply?

Yes. If your asthma is well-controlled on medication you can still pass your medical. You will require a report from a respiratory specialist and a bronchial provocation test which your specialist or doctor can organise. Your clearance would then be conditional on you continuing to take your medication. It is best that your GP organises any specialist reports that are required as they will be responsible for your ongoing care and will be the doctors to act on any information that is in that report. You will also require an asthma management plan from your GP.

I have diabetes. Can I apply?

Yes. However, you will need a report from your Endocrinologist. When working for South Australia Police you may need to operate without medication, food or water for up to 12 hours at a time. You need to demonstrate that you do not suffer from hypoglycaemic episodes, and you will be required to produce HbA1C results for the preceding 12 months to demonstrate that your diabetes has been well controlled, as defined by the Diabetes Australia guidelines. You should discuss this with your doctor.

I have a mental health condition. Can I apply?

Because of the nature of policing, people with active mental health problems may not be suited to the profession. People with a past history of mental health problems should demonstrate that they are well and can remain stable without the need for further treatment. You will also require a psychologist or psychiatrist report stating that there are no active mental health issues. People with a mental health history are assessed on an individual basis.

I have epilepsy. Can I apply?

Yes. South Australia Police medical standards for epilepsy are the same as those required for drivers of commercial vehicle. You will need a report from your treating Neurologist confirming that you are stable on medication and that you have not had a seizure for ten years. Your clearance will be conditional on continuing your medication.

I have Crohn's Disease/Ulcerative Colitis. Can I apply?

Yes. Each case will be assessed individually based on reports from your treating specialist to determine if you can be medically cleared. At present, colostomies and ileostomies cannot be accepted.

I am over forty years of age and I take medication for my cholesterol. Can I apply?

Yes, but all applicants who are over 40 years of age, or have a history of heart troubles will need to have tests done to assess heart disease risk. These include blood tests and an ECG which can be organised by your doctor. If your level of risk is elevated, or you have a heart condition, further investigations and specialist reports may be required.



I take Warfarin tablets to thin my blood. Can I apply?

Police medical standards do not permit blood thinning medications such as Warfarin and Clexane. You may apply once you have completed treatment and no longer require this medication. Aspirin is permissible.

I am colour blind. Can I apply?

Yes. However, many police functions relate to naming and identifying the colours of vehicles and clothing. There are different types of colour blindness. If you are aware that you have abnormal colour vision, please make an appointment with an optometrist to undergo formal colour vision testing to determine what type of colour blindness you have. Depending on the nature of your colour blindness, you may or may not be accepted.

I wear glasses or contact lenses. Can I apply?

Yes, but your eyesight must meet certain minimum standards. You meet the standards if your visual acuity is 6/9 or better (with or without correction) AND 6/18 or better in your worse eye without correction.

I have ear stretching. Is this suitable?

If you have piercings that have caused ear stretching, this may be unsafe for operational duties. You may be required to have this surgically repaired to be cleared medically.