



SOUTH AUSTRALIA POLICE
SAFER COMMUNITIES



FAQ'S ABOUT 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 and waist to hip ratio) to determine if you can be cleared. Body fat is measured with a body scan or a skin fold thickness - 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.

I AM OVER 35 YEARS OF AGE. CAN I APPLY?

Yes, but all applicants who are over 35 years of age will be required to have fasting blood tests (Lipid profile, E/LFT's, FBE and an HbA1c) and an ECG. These can be organised by your family doctor. If your cardiac risk is elevated, or you have a heart condition, further investigations and specialist reports may be required.

I HAD A CHILDHOOD FRACTURE / SPRAIN ETC. DO I NEED AN ORTHOPEDIC REPORT?

Generally no, unless you have some deformity or functional impairment as a result of your injury. Your assessing doctor will help to determine if this is required. You may wish to provide a report from your GP about any minor injuries.



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I HAD A SHOULDER / KNEE / HIP / NECK / BACK SURGERY. CAN I APPLY?

Yes, but all major Orthopedic injuries / surgeries will require an Orthopedic report and clearance. Progression of your medical application is not guaranteed.

I HAVE LOWER BACK PAIN / SCOLIOSIS. CAN I APPLY?

If you have a current back injury or back pain or using medications to manage your back injury, you would not be accepted. If you had a 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 to provide a history of your back injury, conduct an examination on 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.

I HAVE A CURRENT MEDICAL CONDITION OR INJURY THAT IS BEING TREATED? CAN I STILL APPLY?

Yes, but progression of your medical application is not guaranteed. A report from your treating doctor describing the nature of the condition, type of treatment and prognosis will be required.



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I HAD CHILDHOOD ASTHMA. DO I NEED A REPORT FROM A RESPIRATORY SPECIALIST?

Only in certain circumstances. If you had childhood asthma and have required no treatment for a number of years, a GP report will suffice. You may 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?

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 an Asthma Management Plan and a spirometry test which your specialist or family doctor can organise. Your clearance would then be conditional on you continuing to take your medication.

WHERE CAN THE ADDITIONAL TESTS E.G. FOR ASTHMA, BE DONE?

Your GP can arrange spirometry and a referral to a respiratory specialist that are required.



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I HAVE DIABETES. CAN I APPLY?

Yes. However, South Australia Police medical standards for Diabetes are the same as those required for commercial vehicle drivers. Applicants will need to provide 3 monthly HbA1c blood test results for a 12 month period to show that your diabetes is stable and well controlled. A report from your Endocrinologist will also be required advising of the stability of your diabetes, adherence to medication and absence of hypoglycemic episodes.

I HAVE A MENTAL HEALTH CONDITION. CAN I APPLY?

Because of the nature of policing, people with active mental health conditions may not be suited to the profession. Applicants with a history of mental health conditions are assessed on an individual basis. Applicants will need to have ceased all psychotropic medications and demonstrate that they are well and stable without the need for medication for a period of at least 12 months. Applicants will also require a psychologist or psychiatrist report advising of the cessation of medication and any mental health condition is stable, resolved or well managed.

I HAVE EPILEPSY. CAN I APPLY?

Yes. However, South Australia Police medical standards for epilepsy are the same as those required for commercial vehicle drivers. 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.



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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.

WHAT IS REQUIRED FOR HEPATITIS B VACCINATION AND IMMUNITY?

You are required to either prove immunity to Hepatitis B via a blood test for Hepatitis B Antibodies or prove that you have recently commenced your course of Hepatitis B vaccinations. Where you have low level immunity to Hepatitis B, you may be asked to have a booster vaccination.

I TAKE ANTICOAGULANT / BLOOD THINNING MEDICATION. CAN I APPLY?

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



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DO I HAVE TO BUY POLYCARBONATE GLASSES EVEN THOUGH I DON'T KNOW WHETHER I HAVE BEEN CLEARED OR NOT?

If you wear glasses, you will have to purchase polycarbonate glasses to clear your medical. However, if you have submitted other medical reports e.g. a report from a Specialist, it is reasonable to wait until you are cleared from this perspective before purchasing the glasses.

I AM COLOUR BLIND. CAN I APPLY?

Yes. However, we will only accept applicants with mild deutan colour vision. 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.

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 in the better eye (with or without glasses) AND 6/18 or better in your worse eye (with or without glasses).



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I WEAR HEARING AIDS. CAN I APPLY?

At present, medical standards do not allow for hearing aids for applicants coming into SAPOL. This is due to the risk of injury to the head that hearing aids could cause.

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.



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