



## Victoria Police Applicant Skinfolds Info Sheet

SOSF stands for Sum of Six Skinfolds, it is a standard height and weight test accompanied by 6 skinfold measurements. The assessor uses callipers to measure the following 6 locations on your body to then calculate whether you meet the minimum requirements as indicated.

- |                |                 |
|----------------|-----------------|
| 1. Biceps      | 4. Supraspinale |
| 2. Triceps     | 5. Abdominal    |
| 3. Subscapular | 6. Calf         |

### What do I need to bring?

You will need to bring photo ID- i.e. licence, bring your police application ID number. ***You also need to wear loose fitting clothing. No jeans or suits.***

### When will my appointment be booked?

Please know that we will book you at the earliest available opportunity. Konekt commit to scheduling your appointment to occur within 5 business days of the request for Skinfold Testing.

### How Much Does it Cost?

The total cost for the assessment is \$90. Konekt will contact you and arrange for payment over the phone prior to booking your assessment. Please note this amount is non-refundable if you cancel your appointment within 24 hrs of your appointment time.

### How do I know if I have passed?

You need to be in the lower 50<sup>th</sup> percentile of your age group and gender. Konekt will advise you whether you have passed or been unsuccessful on the day of assessment.

### When do I get my results?

You will receive a copy of your results on the day of your assessment. You will need to send off a copy of your results to the required personnel. Konekt will also submit a copy of your results at the end of the month.

### What happens if I lose my results?

You can get a copy of your results by calling 1300 566 358, there will be an administration fee of \$20. Konekt advises that you always make an electronic copy of your results and keep them in a safe place.

### What body fat % do I need to be and how much weight should I lose?

The test is based on the sum of six specific skinfold sites and compared to the normative data for your gender and age. This result cannot be predicted until the day of the assessment and therefore Konekt is unable to provide information on body fat % or how much weight to lose.

### How long do the results remain valid for use?

Victoria Police determines how long or valid results can be. Konekt do not determine the length of time the results can remain valid.

### What does the 50<sup>th</sup> percentile mean?

This means that your sum of 6 skinfold result is within 50% of the normative data for your age and gender. This is the required result to pass the SOSF. Your assessor will discuss this with you further at the time of the assessment.

Please contact Konekt's National Service Centre on 1300 566 358 or email your booking request or query to [skinfoldtest@konekt.com.au](mailto:skinfoldtest@konekt.com.au) to make an appointment.