



UNION SPORTIVE
DES POLICES D'EUROPE



European Police
Performance Badge
EPLA | uspe.org

HANDBOOK



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Dear Sports Friends,

The introduction of our new European Police Performance Badge (EPLA) is an important step in the development of our organization. This new instrument to measure the fitness of police officers broadens the scope of the USPE.

Our 35th Congress in Dublin decided in 2012 to order a complete review of the EPLA. Dr. Peter Spitzenpfeil (Technical University of Munich) elaborated the new EPLA based on scientific research. Our USPE Webmaster added a user-friendly platform on our website. This EPLA-project was financed by the USPE with the generous aid of the IOC.

We were proud to present the new EPLA in 2013 during our 5th European Police Sport Conference in Eger (Hungary). In Eger we also announced a manual to help our members with the implementation.

This EPLA Handbook provides a well-structured overview, guidelines and information on the numerous aspects of the new EPLA. I hope this living document will assist police forces, police sport clubs and police academies in our member countries.

I hope it will inspire you to spread the EPLA all over Europe!

Sincerely yours,

Luc Smeyers
President of the USPE



USPE - Police Sport Europe
www.uspe.org

Solidarity
Professionalism
Open
Respect
Transparent



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SPORT SCIENTIFIC EXPLANATIONS ON THE DEVELOPMENT OF EPLA

The Union Sportive des Polices d'Europe (USPE) commissioned the Faculty of Sports and Health Sciences of the Technical University of Munich to develop the EPLA. The latter aims at checking and assessing the motor skills of police officers, as policing requires a high level of physical fitness.

a key qualification of police officers, and the general public quite rightly expect to rely on an efficient police force. Amongst other things, the physical fitness of active police officers promotes the feeling of security and creates trust (cf. Fundamental Positions on Sport within the Police defined by the German Police Board of Trustees - *Deutsches Polizeisportkuratorium*).

The EPLA is to be instrumental in attaining these objectives.

Testing physical fitness requires objective and measurable criteria that describe an officer's sporting performance. As a consequence, a performance catalogue aligned with the four basic motor skills - i.e. strength, endurance, speed and coordination - was developed in accordance with sports scientific aspects and is at the heart of the EPLA (see section 1). Moreover, major emphasis was put on computing the performance requirements applicable to the various disciplines and respective age groups on the basis of sports scientific findings (see section 2). Another important criterion embraces the verification of individual performance on the three performance levels bronze, silver and gold (see section 3).

This process has evolved in close cooperation with USPE representatives and experts. Above all, this guarantees the practical relevance of the badge that is deemed necessary for creating and safeguarding its acceptance in the USPE member states.



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Security presupposes fitness, which is why topics like health and physical capacity are of major significance in active policing. Physical fitness is considered to be



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1. Structure of the performance catalogue

The EPLA performance catalogue is designed to create a clear structure in tandem with a transparent system and inner logic. In this context, particular attention is to be paid to the explicit correlation between the individual disciplines and the basic motor skills. In addition, the performance requirements are to be standardised across all individual disciplines. As a consequence, the performance catalogue was subdivided into two main categories in line with the basic motor skills, namely physical fitness and coordination. In training research, physical fitness is regarded as the essential prerequisite for performing well in sport¹.

Additionally, fitness is broken down into four basic motor skills: endurance, strength, speed and flexibility. According to HOHMANN et al., coordination represents another performance factor. However, regarding the skills model, flexibility assumes a special role. Although it represents a fundamental, elementary prerequisite for performing exercises at a fairly good level, while also serving the purpose of injury prevention, flexibility outside competitive sports cannot be properly assessed and verified in an objective way due to the fact that, pursuant to WEINECK², an athlete's muscles should be stretched optimally and not maximally with regard to a specific movement or type of sports.



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As a consequence, the redesign of the performance catalogue did not necessarily have to focus on flexibility as a criterion that needed to be verified.

The above performance factors, namely physical fitness and coordination, are not only indispensable in terms of an optimum training programme designed to achieve maximum and/or optimum performance at a certain point in time, they also constitute the criteria that need to be taken into account in the assessment of an individual sports performance. To ensure better comparability of an individual's performance level in the course of his/her lifetime, but also for the purpose of inter-individual comparison of performance, the performance catalogue was aligned with the above skills model. Irrespective of the person testing the athlete and the chosen discipline, this is to obtain evidence on an individual's physical fitness that is as objective as possible. Furthermore, this allows police officers to avail themselves of more structured training opportunities and to better plan their training.

¹ HOHMANN, A., LAMES, M. & LETZELTER, M. (2007): Einführung in die Trainingswissenschaft. Wiebelsheim: Limpert.

² WEINECK, A. & WEINECK, J.: (2005): Sportbiologische und Trainingswissenschaftliche Grundlagen. Forchheim: Zenk.



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1.1 Choice of disciplines

An attractive range of sports disciplines was chosen on the basis of a suitable selection of practice- and occupation-related forms of exercises under the skills model. This does not only promote the level of acceptance in the USPE member states, but also reinforces the basic idea of EPLA: “promoting the physical fitness of all police officers serving in the USPE member countries, furthering the European idea and developing a common “corporate identity” amongst European police forces” (cf. Rules and Regulations Governing EPLA).

The performance catalogue exclusively includes disciplines that either embrace a form of movement related to everyday policing or taken from one of the major and popular sports disciplines such as track and field, swimming, cycling and gymnastics that are recognised across the whole of Europe. Based on the principle of predominance, the individual disciplines have been assigned to the four categories, with the focus being on the decisive question of what discipline predominantly requires which basic motor skill.

A further factor relevant to the choice of disciplines is reasonable and simple verifiability. In addition, the disciplines have to be feasible in the overall framework of the possibilities offered by police sport, while ensuring impartial measurability on the three performance levels. To guarantee a clear and straightforward structure, both female and male athletes are offered the same disciplines. Nonetheless, the requirements are adjusted to the individual gender.



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Below, the background information on the individual groups of skills/categories as well as the respective disciplines are specified in detail:

Category 1: Endurance

Endurance is the ability to withstand a physical strain that will eventually lead to insurmountable fatigue for a long time and to sustain exposure to this strain despite the fatigue³. This group of disciplines examines an individual's general, dynamic and aerobic basic endurance. This embraces a cyclic movement that mainly takes place within the framework of aerobic energy supply, while involving a major part of all skeletal muscles.

- 3000m running: Typical, standardised and meaningful form of testing endurance performance. Literature offers comparative values. The relevance to practical working life and everyday work is clearly discernible.
- 800 / 400m swimming: Swimming does not only form part of the basic cultural techniques, it also counts among the fundamental human capabilities and may, thus, also form a rescue scenario during a police operation.

³ cf. ZINTL, F., EISENHUT, A. (2009): Ausdauertraining. München: BLV.



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Category 2: Strength

This category of disciplines focuses on testing EPLA-specific strength endurance as well as strength power speed. Strength endurance is defined as the fatigue resistance of the organism in the event of long-lasting strength performance, whereas strength power speed is the ability of the nervous and muscular system to move the body, parts of the body or objects at maximum velocity⁴. As opposed to category 3 (speed), what is paramount is not the speed of movement, but overcoming this resistance.

- Standing long jump: Typical, standardised and meaningful way of testing strength performance – also applicable to strength power speed.
- 50 m swimming fully clothed: Swimming fully clothed looks back upon a long tradition in USPE competitive sports and forms part of the combined lifesaving event held during the European Police Swimming Championships. It is a meaningful way of testing strength endurance, while also representing a potential rescue scenario during a police operation.



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Category 3: Speed

Speed in sport is the ability to achieve maximum possible reaction and movement speeds under specific defined conditions on the basis of cognitive processes, maximum willpower as well as the functionality of the nervous and muscular system⁵. This category of disciplines examines the speed of frequency of cyclic movements. This refers to repetitive, uniform movements at maximum velocity against low levels of resistance during brief periods of physical exercise and strain.

- 50 / 100m sprint: Typical, standardised and meaningful way of testing cyclic speed performance. The relevance to practical working life and everyday work is clearly discernible.
- 200m cycling: Meaningful way of testing cyclic speed performance. The 200m sprint cycling event has a high level of practical relevance to police bicycle patrol units.

4 cf. WEINECK J. (2009). Optimales Training. Balingen: Spitta.

5 cf. GROSSER, M., STARISCHKA, S. & ZIMMERMANN, E. (2008): Das neue Konditionstraining. München: BLV.



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Category 4: Coordination

Coordination skills are skills that are primarily controlled by coordination, i.e. the processes governing movement control. They enable the athlete to safely and economically master and control motor activities in foreseeable situations⁶. Thus, the focus is primarily on movement technique and the quality of movement execution, while the energetic processes of muscle movement only play a secondary role.

- Long jump: Determining the exact point and time of take-off after approaching at a high run-up speed requires a high level of coordination (coordination under time pressure). One more time, this is a discipline that shows practical relevance to everyday working life.
- Shooting with a service pistol: The necessity to fire several rounds in a limited period of time and precisely hit the target puts high requirements on coordination skills (coordination when pressed for time and precision). This exercise also has a clear practical relevance to everyday working life.
- Skipping: Skipping was added to the performance catalogue to supplement the other disciplines in category 4 that require a somewhat higher organisational effort, while providing an alternative to USPE member states where officers do not carry firearms. Skipping requires a very high level of coordination and allows a reasonable differentiation between all age groups and the performance



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levels bronze, silver and gold via adjusting and controlling the respective levels of difficulty.



⁶ cf. HIRTZ, P.: Koordinative Fähigkeiten - Kennzeichnung, Altersgang und Beeinflussungsmöglichkeiten. *Medizin und Sport* 21 (1981), 348-351;
FREY, G.: Zur Terminologie und Struktur physischer Leistungsfaktoren und motorischer Fähigkeiten. *Leistungssport* 7 (1977), 339-362.



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2. Computation of performance requirements

When developing the performance requirements, major emphasis was put on ensuring that the scores could be computed in a transparent fashion and would stand up to scientific scrutiny.

While designing the performance catalogue it was necessary to ascertain age and gender specific performance requirements. For this purpose, the project started by defining the development of the performance curves for the four basic motor skills (endurance, strength, speed, coordination) over a lifetime. This was done on the basis of

- national and international literature on data and standard values relating to motor skills that was screened and evaluated by means of meta-analysis (out of a total of 1,591,818 individual values from 413 studies) and
- a large-scale survey that was conducted amongst 3707 fitness orientated recreational athletes in cooperation with the German Olympic Sports Confederation.

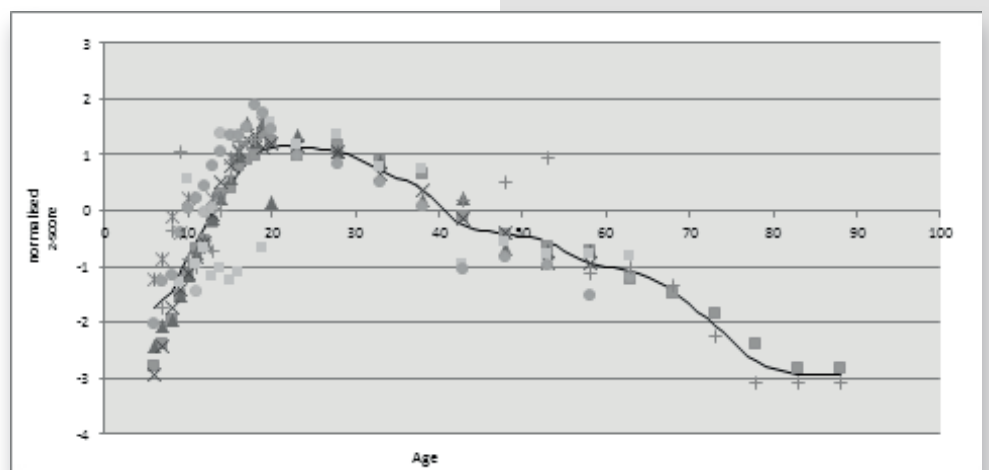


Figure 1: Graph outlining strength capability in the course of a lifetime



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A second step involved the computation of the values for individual disciplines and age groups on the basis of this data pool by applying data mining techniques, whereupon these values were allocated to three different performance levels (see section 3). In cooperation with USPE experts, individual values were adjusted by means of a plausibility check for ensuring practical relevance and practicability with respect to rather uncommon disciplines such as swimming fully clothed or shooting with a service pistol that can currently not rely on any or only few reference values.

The result of this computation represents the performance requirements to be met for obtaining a silver badge. The relevant scores required for achieving the bronze and gold badge were defined by means of standard deviation. In this context, the performance required for obtaining bronze is designed in such a way that the requirements may be fulfilled by any fitness orientated police officer. As a rule, the gold performance level should only be attainable by means of continuous training.



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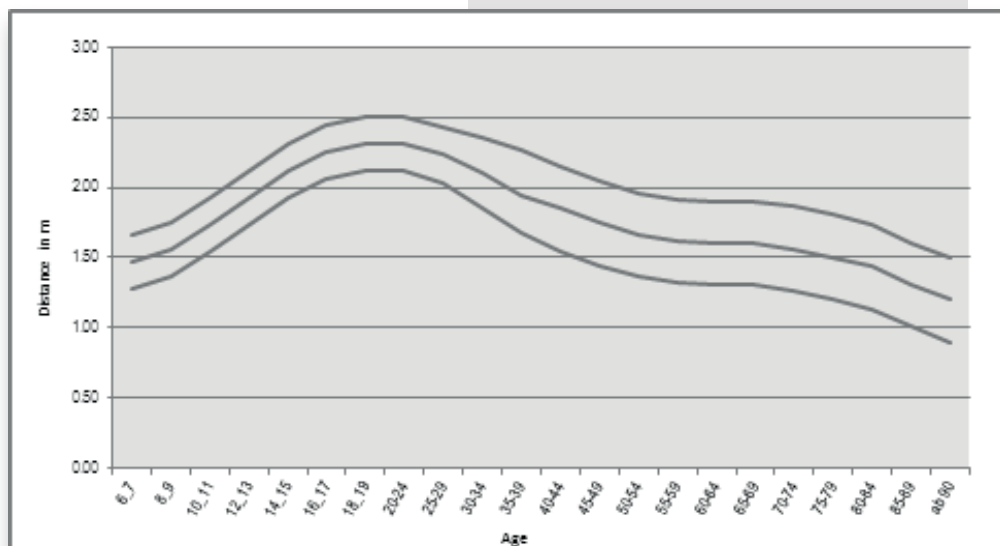


Figure 2: Graph outlining standing long jump performance requirements in the course of a lifetime



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3. Introduction of a three-tier structure

The three-tier evaluation system embracing gold, silver and bronze badges, which are allocated subject to the degree of compliance with the set assessment criteria, is regarded as highly expedient. From a sports educational and didactic point of view, this puts special emphasis on performance and aims at giving participants an incentive to continuously improve their performance by training on a regular basis in order to achieve a higher-level badge.

Each performance achieved on the bronze, silver and gold level is assigned a score:

- bronze = 1 point
- silver = 2 points
- gold = 3 points



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For being awarded the EPLA badge, a minimum number of four exercises (one discipline per category) have to be completed on the bronze level (4 points). This implies that each category has to be completed at least on the bronze level, and that it is impossible to compensate underachievement in one category by overachieving in another category. This procedure ensures that for being awarded the EPLA it is necessary to actually perform well in terms of all basic motor skills.

Overall scores and the respective allocation of points to the three performance levels are assigned as follows:

- 4 - 7 points = bronze
- 8 - 10 points = silver
- 11 - 12 points = gold

Furthermore, this three-tier structure provides the possibility of setting up a performance system for the various units/organisations within the police of a USPE member state.



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RULES AND REGULATIONS GOVERNING EPLA

1. Objective

Police work puts high demands on officers' physical fitness which, in turn, is an important prerequisite for professional policing.

Physical fitness comprises the following components: endurance, strength, speed and coordination. The ability to master these skills relies on a high level of physical performance.

USPE awards a joint European Police Performance Badge (EPLA) for promoting the physical fitness of all police officers serving in the USPE member countries, furthering the European idea and developing a common "corporate identity" amongst European police forces.

Being awarded the "EPLA" badge implies that the respective police officer meets the physical requirements necessary for everyday policing in all age groups.

USPE believes that the EPLA will encourage police officers to maintain their physical fitness throughout their career.

The EPLA is a scientifically based instrument developed by the Sports University of Munich at the initiative of and in cooperation with USPE.

2. Target group

The EPLA badge shall only be awarded to individuals who are represented within USPE by their respective member association.

They have to be police officers or students at a public police academy. The police are a set of all bodies and institutions in charge of maintenance of public law and order (administrative police and criminal investigation departments).

Military police, members of the military, members of fire brigades and civil servants that do not belong to the police are not entitled to obtain the EPLA badge.

USPE member countries are not authorised to enlarge this group at will.

3. Procedures

The EPLA badge embraces 4 different categories that offer several disciplines/exercises each. One discipline/exercise per category is to be completed (at least in bronze) during one calendar year (1st January - 31st December). Only one discipline per category may be completed.

Each performance will be entered into a score-card by authorised officials of the member countries.



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Repeated completion of the EPLA is only possible in consecutive calendar years (no more than 1 x per calendar year).

The achievements attainable in the various categories and age groups are indicated in the enclosed table.

4. Categories/disciplines/execution

1. Endurance

3000m running
400m/800m swimming

2. Strength

Standing long jump
50m swimming fully clothed

3. Speed

50m/100m running
200 m cycling

4. Coordination

Long jump
Shooting with a service pistol
Rope skipping

Implementing provisions:

4.1 Endurance

4.1.1 3000m running

The athlete starts from a standing position. For this purpose, oval running tracks are

recommended, but the discipline may also be performed as a cross-country exercise. It must be guaranteed that there is no height difference between the start and the finish line. Race walking is permitted.

Treadmill ergometers are prohibited.

4.1.2 400m/800m swimming

The exercise must be completed in a swimming pool of a minimum length of 25m.

The type of swimming stroke may be freely chosen and may be changed during the exercise. At the turn, some part of the swimmer's body must touch the wall.

When starting, swimmers may dive off of a starting board, push off the wall or start inside the water.

The use of personal floatation devices is prohibited.

4.2 Strength

4.2.1 Standing long jump

The standing long jump shall not include a running takeoff and is to be performed with both feet placed on the takeoff board/scratch line. Both feet must be positioned parallel with each other and level with the landing pit, i.e. there must be no difference in height between the takeoff board and the pit.



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The jumper may balance the jump forward and backward, while his/her heels/toes may leave the ground.

However, prior to takeoff, no foot may completely leave the ground or slide on it.

For establishing the exact length of the respective jump, the distance between the takeoff board/scratch line and the nearest imprint left by the jumper's body in the landing area shall be measured.

4.2.2 50m swimming fully clothed

The rules laid down in 4.1.2 shall apply.

The apparel to be worn by the swimmer comprises a pair of ankle length trousers and a separate jacket with sleeves that must reach the swimmer's wrists.

Neither the sleeves nor the trouser legs may be rolled up or attached by any other means. The jacket is to be worn buttoned-up by using the provided buttonholes.

4.3 Speed

4.3.1 50m/100m running

Starting blocks are not mandatory. When running without starting blocks, the athlete(s) should start from a stationary position. Only one false start per run is permitted. In the event of a second false start, the runner causing it shall be disqualified.

4.3.2 200m cycling

The terrain must be flat (no descents/climbs). There will be a flying start with an acceleration phase of any length that will not count towards the score. Appropriate measures are to ensure that the time is properly recorded.

Any bicycle not fitted with an auxiliary electric motor may be used for carrying out this exercise. The use of e-bikes is not permitted.

Athletes are to wear bicycle helmets while performing the exercise.

The exercise must not be performed on a bicycle ergometer.

4.4 Coordination

4.4.1 Long jump

The jump shall be performed from a takeoff board. The length of the approach run may be chosen freely.

For establishing the exact length of the respective jump, the distance between the takeoff board and the nearest imprint left by the jumper's body in the landing area shall be measured

4.4.2 Shooting with a service pistol

Shooting will be performed with the service pistol issued in the respective country (9mm) from a distance of 25m to the target. This target shall be the "25 metre rapid fire pistol target" as defined and laid down in the ISSF Rules and Regulations.



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Four series of five shots are fired. Each series of shots must be fired within a period of 30 seconds after receiving the order to open fire.

4.4.3 Rope skipping

Rope skipping may be performed with a rope that is not fitted with a motor, and preferably, the rope should have grip handles to ensure smooth rotation.

The number of jumps completed without interruption shall be counted.

Double under:

While jumping, the individual must swing the rope twice under his/her feet. Each landing after completion of a double under shall be counted towards the score.

Jogging step:

The jumper uses alternate feet (right foot, then left foot) to jump off the ground while staying in one place. The number of times the right foot touches the ground shall count towards the score.

Criss cross:

During every second jump and swing of the rope, the arms must cross in front of the body. With every jump, the rope must be swung under the athlete's feet. Each crossing of the arms shall count towards the score.

Easy jump backward:

The jumper jumps over the rope with two feet in the air at the same time. The rope is swung

backward. Each swing shall count towards the score.

5. Age groups

The EPLA badge distinguishes between men and women while embracing the following age groups:

18 to 24 years
25 to 29 years
30 to 34 years
35 to 39 years
40 to 44 years
45 to 49 years
50 to 54 years
55 to 59 years
60 to 64 years
65 to 69 years

The performance requirements to be met by each individual officer shall be subject to the age he or she reaches in the specific calendar year.

6. Badge award

The EPLA badge is awarded in gold, silver and bronze.

Each individual category assigns points for specific accomplishments (gold 3 points, silver 2 points, bronze 1 point). Eventually, the overall score shall determine which type of EPLA badge is awarded.

EPLA in gold: 11 – 12 points

EPLA in silver: 7 – 10 points

EPLA in bronze: 4 – 6 points



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7. Responsibilities

The USPE General Secretariat shall coordinate procedures.

USPE will arrange the design of the uniform badge.

The member countries shall be responsible for ensuring proper procedure and presentation as well as the procurement of the badges, score-cards and the certificates.

The scorecard is drawn up in the three official USPE languages and downloadable at www.uspe.org/epla.

Certificates will only be issued online at www/epla.uspe.org. They are generated upon entry of the required data in the members' area, whereupon they may be printed out.

For this purpose, a user name and a login password are allocated to the competent persons in the member countries.

The personal information collected there will be processed for the award of the EPLA and for statistical purposes in automated processes (data processing) of the USPE and its member countries.

Each country may determine whether one discipline/exercise of a category shall be mandatory in the respective country. This is to be duly communicated.

8. Effective date/interim arrangements

By virtue of the resolution adopted by the Congress in Dublin on 6 October 2012, the new EPLA Rules and Regulations shall enter into force on 1 January 2014, and replace the old ones.



Categorie	USPE European Police Performance Badge EPLA Women																														
	Age	18 - 24			25 - 29			30 - 34			35 - 39			40 - 44			45 - 49			50 - 54			55 - 59			60 - 64			65 - 69		
	Exercise	Bronze = 1 Point ; Silver = 2 Points ; Gold = 3 Points																													
Bronze		Silver	Gold	Bronze	Silver	Gold	Bronze	Silver	Gold	Bronze	Silver	Gold	Bronze	Silver	Gold	Bronze	Silver	Gold	Bronze	Silver	Gold	Bronze	Silver	Gold	Bronze	Silver	Gold	Bronze	Silver	Gold	
Endurance 1	3000 m Running (min.)	21:50	19:50	17:50	22:00	19:50	18:00	22:20	20:10	18:10	23:10	20:30	18:20	24:00	21:00	18:30	24:40	21:30	18:50	25:10	22:10	19:10	25:50	22:50	19:50	26:30	23:30	20:30	27:10	24:10	21:10
	400 m/800 m Swimming (min.)	800 m																		400 m											
		23:35	20:50	18:00	25:30	21:05	18:40	28:50	23:40	19:30	32:00	25:35	20:20	34:00	27:40	21:20	35:20	29:00	21:30	18:00	15:00	11:30	18:35	15:20	11:55	19:00	15:35	12:10	19:25	15:45	12:15
Strength 2	Standing Long Jump (m)	1,60	1,80	2,00	1,50	1,70	1,95	1,35	1,60	1,85	1,25	1,50	1,80	1,15	1,40	1,65	1,10	1,35	1,60	1,00	1,25	1,50	0,95	1,20	1,45	0,95	1,20	1,45	0,90	1,15	1,40
	50 m Swimming fully clothed (min.)	1:12,6	1:07,2	1:01,7	1:14,0	1:08,5	1:03,1	1:15,5	1:10,0	1:04,5	1:19,1	1:13,6	1:08,1	1:22,3	1:16,8	1:11,3	1:28,5	1:21,2	1:13,9	1:36,0	1:26,8	1:17,7	1:43,6	1:32,6	1:21,6	1:48,8	1:37,9	1:26,9	1:50,7	1:39,8	1:28,8
Speed 3	50 m/100 m Running (sec.)	100 m												50 m																	
		18,5	16,8	15,6	18,9	17,2	16,0	19,6	17,8	16,4	20,4	18,6	17,0	11,0	9,9	8,8	11,5	10,3	9,1	11,9	10,7	9,5	12,4	11,2	9,9	12,6	11,4	10,2	12,8	11,6	10,4
	200 m Cycling (sec.)	24,5	22,0	19,5	25,0	22,5	20,0	26,0	23,5	21,5	27,5	24,5	22,0	29,0	25,5	22,5	30,5	27,0	23,0	32,0	28,0	23,5	33,5	29,0	24,0	35,0	30,0	25,0	36,0	31,0	25,5
Coordination 4	Long Jump (m)	3,40	3,70	4,00	3,30	3,60	3,90	3,20	3,50	3,80	3,10	3,40	3,70	3,00	3,30	3,60	2,80	3,20	3,50	2,60	3,00	3,40	2,50	2,90	3,30	2,40	2,80	3,20	2,30	2,70	3,10
	Shooting with Service Pistol (rings)	128	142	156	128	142	156	128	142	156	128	142	156	128	142	156	125	130	144	125	130	144	120	125	130	120	125	130	120	125	130
	Rope Skipping	Double Under						Criss Cross						Jogging Step						Easy Jump backwards						Easy Jump forwards					
10		15	20	10	15	20	10	15	20	10	15	20	20	30	40	20	30	40	10	20	30	10	20	30	10	20	30	10	20	30	

USPE European Police Performance Badge EPLA Men																															
Categorie	Age	18 - 24			25 - 29			30 - 34			35 - 39			40 - 44			45 - 49			50 - 54			55 - 59			60 - 64			65 - 69		
	Exercise	Bronze = 1 Point ; Silver = 2 Points ; Gold = 3 Points																													
		Bronze	Silver	Gold	Bronze	Silver	Gold	Bronze	Silver	Gold	Bronze	Silver	Gold	Bronze	Silver	Gold	Bronze	Silver	Gold	Bronze	Silver	Gold	Bronze	Silver	Gold	Bronze	Silver	Gold	Bronze	Silver	Gold
1 Endurance	3000 m Running (min.)	16:50	14:50	12:50	17:10	15:10	13:10	18:40	16:10	14:10	19:50	17:20	15:00	21:00	18:30	15:50	22:10	19:30	16:30	23:20	20:20	17:20	23:50	20:50	17:50	24:30	21:30	18:30	25:00	22:00	19:00
	400 m/800 m Swimming (min.)	800 m																		400 m											
2 Strength	Standing Long Jump (m)	2,10	2,30	2,50	2,05	2,25	2,45	1,85	2,10	2,35	1,65	1,95	2,25	1,55	1,85	2,15	1,45	1,75	2,05	1,35	1,65	1,95	1,30	1,60	1,90	1,30	1,60	1,90	1,30	1,60	1,90
	50 m Swimming fully clothed (min.)	1:10,6	1:05,2	0:59,7	1:11,1	1:05,6	1:00,2	1:12,4	1:06,9	1:01,4	1:13,7	1:08,2	1:02,7	1:17,7	1:12,3	1:06,8	1:25,0	1:17,7	1:10,4	1:31,7	1:22,6	1:13,5	1:36,9	1:25,9	1:14,9	1:39,0	1:28,1	1:17,1	1:40,5	1:29,6	1:18,6
3 Speed	50 m/100 m Running (sec.)	100 m												50 m																	
		15,8	14,4	13,0	16,3	14,8	13,3	16,8	15,1	13,6	17,6	15,9	14,2	9,6	8,7	7,7	10,0	8,9	7,9	10,3	9,1	8,2	10,5	9,4	8,5	10,8	9,7	8,8	11,2	10,2	9,1
	200 m Cycling (sec.)	20,0	17,5	15,0	21,0	18,0	15,0	22,5	18,5	15,0	24,0	20,0	15,5	26,5	21,5	16,5	28,5	23,0	17,0	30,0	24,0	18,0	32,0	25,0	18,5	33,5	26,0	19,0	35,0	27,0	19,5
4 Coordination	Long Jump (m)	4,40	4,70	5,00	4,30	4,60	4,90	4,20	4,50	4,80	4,10	4,40	4,80	3,90	4,30	4,70	3,70	4,10	4,50	3,60	4,00	4,40	3,40	3,80	4,20	3,20	3,60	4,00	2,90	3,30	3,70
	Shooting with Service Pistol (rings)	130	144	157	130	144	157	130	144	157	130	144	157	130	144	157	125	130	144	125	130	144	120	125	130	120	125	130	120	125	130
	Rope Skipping	Double Under						Criss Cross						Jogging Step						Easy Jump backwards						Easy Jump forwards					
		10	15	20	10	15	20	10	15	20	10	15	20	20	30	40	20	30	40	10	20	30	10	20	30	10	20	30	10	20	30

Europäisches Polizeileistungsabzeichen (EPLA) European Police Performance Badge Insigne de Performance des Polices d'Europe

- Die auf dieser Prüfkarte erfassten personenbezogenen Daten werden zur Verleihung des EPLA und zu statistischen Zwecken in automatisierten Verfahren (Datenverarbeitung) von der USPE und deren Mitgliedsländern verarbeitet.
- The personal information collected on this scorecard will be processed for the award of the EPLA and for statistical purposes in automated processes (data processing) of the USPE and its member countries.
- Les renseignements personnels recueillis sur cette carte de score sont analysés pour la délivrance de l'EPLA et à des fins statistiques dans un processus automatisé (traitement de données) au profit de l'USPE et de ses pays membres.

Vorname/Forename/Prénom	Name/Surname/Nom	Geburtstag/Date of birth/Date de naissance
Geschlecht/Gender/Sexe	Mitgliedsland/Member country/Pays membre	Alter/Age/Âge
Jahr der Prüfung/Year of examination/année de l'examen		

- In jeder Kategorie darf nur eine Disziplin absolviert und muss mindestens in Bronze abgelegt werden.
- Within each category only one discipline is allowed to be completed and must be achieved at least in bronze.
- Dans chaque catégorie, une seule discipline doit être complétée et doit obtenir au moins le bronze

Ausdauer Endurance Endurance	3000 m Lauf 3000 m Running 3000 m Course		Min. Min. Min.		Sek. Sec. Sec.	Punkte Points Points	1	2	3
	400 m/800 m Schwimmen 400 m/800 m Swimming 400 m/800 m Natation		Min. Min. Min.		Sek. Sec. Sec.	Ort, Datum, Unterschrift Prüfer Place, Date, Signature Examiner Lieu, Date, Signature de l'examineur			
Kraft Strength Force	Standweitsprung Standing Long Jump Longueur sans élan		m		cm	Punkte Points Points	1	2	3
	50 m Kleiderschwimmen 50 m Swimming fully clothed 50 m Natation tout habillé		Min. Min. Min.		Sek. Sec. Sec.	$\frac{1}{10}$ Sek. $\frac{1}{10}$ Sec. $\frac{1}{10}$ Sec.	Ort, Datum, Unterschrift Prüfer Place, Date, Signature Examiner Lieu, Date, Signature de l'examineur		
Schnelligkeit Speed Rapidité	50 m/100 m Laufen 50 m/100 m Running 50 m/100 m Course		Sek. Sec. Sec.		$\frac{1}{10}$ Sek. $\frac{1}{10}$ Sec. $\frac{1}{10}$ Sec.	Punkte Points Points	1	2	3
	200 m Radfahren 200 m Cycling 200 m Cyclisme		Sek. Sec. Sec.		$\frac{1}{10}$ Sek. $\frac{1}{10}$ Sec. $\frac{1}{10}$ Sec.	Ort, Datum, Unterschrift Prüfer Place, Date, Signature Examiner Lieu, Date, Signature de l'examineur			
Koordination Coordination Coordination	Weitsprung Long Jump Saut en longueur		m		cm	Punkte Points Points	1	2	3
	Schießen mit Dienstpistole Shooting with Service Pistol Tir avec pistolet de service			Ringe Rings Zones		Ort, Datum, Unterschrift Prüfer Place, Date, Signature Examiner Lieu, Date, Signature de l'examineur			
	Seilspringen Rope Skipping Saut à la corde			Anzahl Number Nombre					

Dieser Abschnitt ist durch einen Verantwortlichen des Mitgliedslandes auszufüllen!
This section must be completed by a responsible person of the member country!
Cette section doit être remplie par une personne responsable du pays membre!

		Gold/Gold/OR <input type="checkbox"/>	Silber/Silver/Argent <input type="checkbox"/>	Bronze/Bronze/Bronze <input type="checkbox"/>
Gesamtleistung geprüft, Unterschrift Overall performance checked, signature Performance globale contrôlée, signature	Summe der Punkte Total points Somme des points	EPLA verliehen in/EPLA awarded in/EPLA décerné à		



CERTIFICATE



UNION SPORTIVE DES POLICES D'EUROPE
AWARDS THE
EUROPEAN POLICE PERFORMANCE BADGE
GOLD
TO



Lisa Gold

IN 2013

BY ACHIEVING 12 POINTS



A blue ink signature of Luc Smeyers, consisting of a large, stylized 'L' and 'S'.

Luc Smeyers
President USPE

A blue ink signature of Andreas Röhner, featuring a stylized 'A' and 'R'.

Andreas Röhner
Secretary General USPE





CERTIFICATE



UNION SPORTIVE DES POLICES D'EUROPE
AWARDS THE
EUROPEAN POLICE PERFORMANCE BADGE
SILVER
TO

Peter Silver


IN 2013
BY ACHIEVING 8 POINTS

A blue ink signature of Luc Smeyers, consisting of a large, stylized 'L' and 'S'.

Luc Smeyers
President USPE

A blue ink signature of Andreas Röhner, featuring a stylized 'A' and 'R'.

Andreas Röhner
Secretary General USPE





CERTIFICATE



UNION SPORTIVE DES POLICES D'EUROPE
AWARDS THE
EUROPEAN POLICE PERFORMANCE BADGE
BRONZE
TO




Ian Bronze


IN 2013
BY ACHIEVING 4 POINTS

A blue ink signature of Luc Smeyers, consisting of a large, stylized 'L' and 'S'.

Luc Smeyers
President USPE

A blue ink signature of Andreas Röhner, featuring a stylized 'A' and 'R'.

Andreas Röhner
Secretary General USPE





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