

I am aware that new recruits undergo a fitness test, combining a number of individual courses / tests / etc.

From my own knowledge, I know that this fitness test includes features such as:

- The Beep test (15 meter area running test)
- An obstacle course
- Pull push machine

Can you please provide a copy of the information you store relating to each of these tests and what the police fitness tests involve.

**The current recruit fitness test only requires the shuttle run/bleep test over 15 metres and recruits must achieve level 5:4
The push-pull is no longer required.
The obstacle course was an alternative course trialled a number of years ago, and was not accepted as suitable, and is not in use within WMP.**

I am particularly interested in the "Push/Pull Machine" test, which your officers must complete. Please note the force which is exerted by the machine...

As above – this is no longer used

Do your officers undergo regular fitness tests, or simply during recruitment processes?

Officers are required to undertake regular fitness tests, with the same frequency as their Personal Safety Training. For operational officers this is every 1 or 2 years.

Do your Taser officers undergo any additional fitness tests?

Taser officers do not undertake any additional fitness test, other than their annual test.

What fitness tests do your taser officers undergo?

Taser officers undergo the same fitness test as other operational officers in their role; for Firearms and Operational Support Officers, this is the shuttle run to appropriate level. For all other operational officers, this is the Chester Step Test as part of their annual Health MOT.