



Response Date: 25/06/2026

2026/629 - Fitness test

In response to your recent request for information regarding;

How many officers failed their fitness test in the past year (June 2025-May 2026)?

5.
Please detail support offered to officers who fail fitness tests? Are weight-loss jabs like Wegovy, Mounjaro, Ozempic etc used?

There is a mechanism in place to offer support & guidance to assist such officers:

Failure to Complete the Fitness Assessment

Any individual who fails the Bleep Test will not be allowed to take part in the Personal Safety Training. As the completion of the PPST is a pre-requisite for operational duties, the officer will be withdrawn from operational duties until the Bleep Test and PPST have been successfully completed.

The organisational response for anyone who fails the assessment will be one of support. The relevant Line Manager and HRTSO should be advised of failure to complete the Bleep Test so that an **Occupational Health Unit (OHU) referral** can be made and the individual invited to an appointment. The Line Manager is responsible for monitoring the individual in conjunction with the HRTSO to ensure that relevant support is provided and action taken.

If a failure is due to the **lack of fitness** of the individual, advice and support will be made available by the Force Physical Training Instructor (PTI) through OHU. **In such cases two hours duty time per week for a period of no more than eight weeks will be allowed for physical training.** This will apply for each failure of the fitness assessment, to a maximum of two failures.

If a failure is due to **short- or long-term injury or ill health**, OHU / Force Medical Adviser will provide guidance as to whether the individual is medically fit to take the Bleep Test or alternatively, if they had injuries that would affect their running / turning, to undertake an alternative

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assessment. If the individual is not medically fit to take the Bleep Test or alternative test, then the relevant HRTSO should be advised in order to consider potential restrictions in conjunction with OHU or for a case to be taken to Case Review to consider.

In any case where an individual fails to complete the Bleep Test or is unable to complete the Bleep Test then a **supportive improvement plan should be considered detailing the support that will be provided and the expectations of the individual.**

Following failure of the Bleep Test, an individual is allowed two re-takes with at least six weeks between each re-take to allow the individual time to train and develop.

No one is sign posted weight jabs.

THIS INFORMATION HAS BEEN PROVIDED IN RESPONSE TO A REQUEST
UNDER THE FREEDOM OF INFORMATION ACT 2000, AND IS CORRECT AS AT 17/06/2026