

Fitness Test (JRFT)

The Job-Related Fitness Test (JRFT) looks to see whether you are fit for the job and are ready for Officer Safety Training, where you will learn to protect yourself and others.

The test involves being measured on your running and is more commonly known as a Multi-Stage Shuttle Test or Bleep Test. The Bleep Test is a 15-metre shuttle run and you must be able to complete it to an endurance level of 5.4.

If you are not able to pass the fitness test on your first attempt, a retake can be arranged after six weeks. However, please note that forces will only allow up to three attempts before your conditional offer is withdrawn.

To ensure you pass, try and improve your fitness before you come for your assessment. Try to train regularly and monitor your progress through recording times taken, distances covered and recovery times, as this will give you feedback on improvement and an incentive to continue training. Set yourself targets that can be realistically achieved to help motivate you but don't overdo it, make sure you start gently and build up gradually over a period of weeks or even months.

You should not do shuttle runs to train, but instead periodically assess your progress by testing yourself. To do this, you need to find a 15-metre track, perhaps at a local sports hall or running track and download a recording of the Multi-Stage Shuttle Test which is readily available online. You should run to your optimum level without reaching exhaustion and will need to reach a minimum of four shuttles at level 5 to pass the fitness test.

Many training programmes are available online and you should choose one that suits you best. We have outlined below just one example guide of how you could start training with a seven-day plan. Make sure you always stretch and warm up properly before exercising and cool down afterwards taking on plenty of fluids throughout. If you were to follow this schedule for six weeks, you should have no difficulty passing the Bleep Test. Please note, if you are not a regular exerciser it is always worth seeking medical advice before starting any fitness routine.

- Monday - 20 mins run in a local area or at a track
- Tuesday - Exercise session of your choice
- Wednesday - 30 mins run in a local area or at a track
- Thursday - Rest
- Friday - Repeat Monday or Wednesday
- Saturday - Exercise session of your choice
- Sunday - Rest