

Fitness Test Guidance



Devon & Cornwall
POLICE

*WORKING
TOGETHER*



**DORSET
POLICE**

Taking
Positive Action
for a diverse and inclusive workforce

The Fitness Test

The Police Job related Fitness Test (JRFT) ensures police officers have a minimum level of fitness to be able to undertake personal safety training.

The test is commonly known as 'the bleep test'. You will be required to complete a 15-meter shuttle run to level 5.4.

- You will shuttle between 2 lines, 15 metres apart until you reach level 5.4
- The object of the test is to keep to the speed dictated by the bleeps that you hear
- You will stand with one foot behind the starting line along with other candidates

The Fitness Test

- The test will start with a double bleep after a 5 second countdown
- Each single bleep signals the end of a shuttle
- Each double bleep signals an increase in the running speed
- The aim is to start running your first shuttle on the first bleep and to get to the 15-metre mark by the time you hear the next bleep
- You will then turn and run back to the starting point by the time the next bleep is heard. You repeat the process until you reach level 5.4
- The pace will be slow to start with however the further you go through the test, the faster you will need to run
- You may receive a line warning if you leave a line before a bleep or arrive at a line after a bleep.
- Your test will be stopped on the 3rd line warning

The Fitness Test

Plan ahead, if you are not already regularly active allow yourself time to work regular activity into your weekly schedule.

Practice the bleep test at least once before taking the test. You can download the 15-metre bleep test via iTunes or Google Play etc. It is also available on the College of Policing website.

If you can, ensure you have correct footwear. Wearing running trainers will provide support and help to minimise stress on your body. Double tie those laces as you don't want trip over a loose lace! You should wear light sports clothing such as shorts and t-shirt. Avoid heavy exercise for 24 hours before your test.

Stay well hydrated. Take water with you.

Do not train if you are ill or injured. Doing so could make your condition or injury worse.

The Fitness Test

To perform at your best, you must warm up. Warming up helps to prevent injury too.

Getting your body prepared is one part of this, the other is getting your mind prepared. Try to adopt a positive way of thinking as this will help you get through the tough parts.

Efficiency is the key! You do not want to waste time or energy running further than you need to. You only have to touch the line with one foot, you do not have to run past the line or arc widely over the line. Once your foot is on the line try to do a sharp turn so that you are positioned ready to leave the line on the next bleep.

Be aware of over twisting your knee. Practice slowly, get used to it and build up from there.