

Tyne and Wear Fire and Rescue Service

Creating the Safest Community

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Chief Fire Officer Tom Capeling



Freedom of Information Request Response Ref Number: KS/ 17 03 16 1
Date of Response: 1st April 2016

Request:

What fitness tests does your FRS use? I.e. bleep test, hose-running exercise etc.

Response:

Tyne and Wear Fire and Rescue Services (TWFRS) uses the Chester step test, augmented by the Chester treadmill test.

Request:

What constitutes a pass or fail, and what sanctions are available for those who fail?

Response:

TWFRS complies with the National Vo2 standard, which is currently being reviewed through the FireFit Programme. If an operational member of staff fails the Chester step test, they are offered support from our Occupational Health Unit regarding fitness issues and retested at a later date.

Request:

What were the results of the most recent fitness tests carried out for wholetime firefighters? i.e. 100 people assessed, 94 passed, 6 failed.

Response:

488 individuals were assessed in the most recent fitness tests and all passed.

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Request:

What were the pass rates for male and female wholetime firefighters? i.e 94% for men, 93% for women.

Response:

100% pass for both male and female firefighters.

Request:

In the past two years, has any action been taken against firefighters who have repeatedly failed fitness tests? i.e. docked pay, dismissed.

Response:

For the time period requested, there was only one incident where an operational firefighter had issues regarding fitness levels which required further actions. TWFRS took the following steps to address this:

- The issue was identified during a station full audit drill session
- Fitness issues were discussed with the individual and the individual's Watch Manager
- Subsequent fitness test completed and passed
- Fitness programme created to assist with the individual's development
- Support was provided from Personal Training Instructors from the TWFRS Training Centre to improve the individual's fitness level.

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