

**Official**

**Tyne and Wear Fire  
and Rescue Service**



## **FREEDOM OF INFORMATION**

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**FOI REFERENCE:** 102 - 19.01.23

**DATE RECEIVED:** 19/01/2023

**TITLE / CATEGORY:** Crewing/appliance/station information – Fitness Requirements

### **REQUEST**

- a) What is the minimum fitness requirement on acceptance for a basic training course
- b) What is the minimum fitness requirement required before a recruit can join a watch
- c) Has there been instances when a recruit joins the watch without attaining the required fitness level and if so how many times has this happened in the period from 01/01/2019 to 31/12/2022

### **RESPONSE**

- a) Tyne and Wear Fire and Rescue Service have adopted an aerobic fitness standard 42.3 VO2 max as the minimum operational standard, in line with national guidance.
- b) As above
- c) No

Any printed documents are considered uncontrolled.

[www.twfire.gov.uk](http://www.twfire.gov.uk)

