

THE FITNESS TEST:

- You will be required to run in multi-stage shuttles with a series of bleeps to reach a minimum of four shuttles at level 5 to pass (5:4)
- You will have three opportunities to pass the fitness test. If you fail on your third attempt, your application will not be progressed any further.

HOW TO PREPARE:

Preparing for the mandatory police bleep test can be daunting. It doesn't have to be.

In this video, our trainers give you the advice you need to get yourself in shape for the test. They also provide a useful overview of the format of the test, so you know what to expect and what's adjudged to be a warning.

You can see what the fitness test looks like by watching a video recorded by Derbyshire Constabulary here - [Preparing for the bleep test :: Derbyshire Constabulary Jobs](#)

Best of luck!

USEFUL LINKS:

Learn more about working within Criminal Justice, and in particular within the Custody Team here - [Criminal Justice :: Derbyshire Constabulary Jobs](#)