

Our Ref: IM-FOI-2022-0441
Date: 8th March 2022



FREEDOM OF INFORMATION (SCOTLAND) ACT 2002

I refer to your recent request for information which has been handled in accordance with the Freedom of Information (Scotland) Act 2002.

For ease of reference, your request is replicated below together with the response.

Now that the wording on the website has been repeated on the review response, I would like to know more detail on the following assessment aspects of the overall fitness assessment:

Prior to answering your questions, I would stress that Freedom of Information legislation provides a right of access to recorded information only.

Where questions seek opinion/ comment/ explanation these ought only to be responded with reference to recorded information, else responded to with a section 17 notice that the information sought is not held by Police Scotland.

On this occasion our People and Development Team have provided responses to your questions and those are reproduced below - but you may wish to bear this distinction in mind for any future FOI requests.

1. Weekly fitness routine - please explain how this is assessed objectively.

Police Scotland ask the candidate to explain what they do to keep fit on a weekly basis.

2. Overall fitness level - please explain how this is assessed objectively.

Police Scotland review the candidate's time to run 1.5 miles.

3. Effort applied - please explain how this is assessed objectively. (Timed 1.5 mile run is now established that is to be under 18 minutes)

Candidates are observed during the run to establish whether they have given up, stopped, walked and if they ran continuously, what level of effort was applied.

4. Recovery period - please explain how this is assessed objectively.

Police Scotland observe whether a candidate, after crossing the line, requires medical treatment, vomits, requires a significant time to recover or recovers naturally in a manner we would expect after routine exercise.

All aspects are scored from a 1(Weakness) to 4(Strong).

OFFICIAL

Should you require any further assistance please contact Information Management Dundee, quoting the reference number given.

If you are dissatisfied with the way in which Police Scotland has dealt with your request, you are entitled, in the first instance, to request a review of our actions and decisions.

Your request must specify the matter which gives rise to your dissatisfaction and it must be submitted within 40 working days of receiving this response - either by email to foi@scotland.police.uk or by post to Information Management (Disclosure), Police Scotland, Clyde Gateway, 2 French Street, Dalrnarnock, G40 4EH.

If you remain dissatisfied following the outcome of that review, you are thereafter entitled to apply to the Office of the Scottish Information Commissioner within six months for a decision. You can apply [online](#), by email to enquiries@itspublicknowledge.info or by post to Office of the Scottish Information Commissioner, Kinburn Castle, Doubledykes Road, St Andrews, Fife, KY16 9DS.

Should you wish to appeal against the Office of the Scottish Information Commissioner's decision, there is an appeal to the Court of Session on a point of law only.

As part of our commitment to demonstrate openness and transparency in respect of the information we hold, an anonymised version of this response will be posted to the Police Scotland Freedom of Information [Disclosure Log](#) in seven days' time.

