

NATIONAL COUNCIL OF PROVINCES

FOR WRITTEN REPLY

QUESTION 475

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(INTERNAL QUESTION PAPER NO 29-2021)

475. Mr K Motsamai (Gauteng: EFF) to ask the Minister of Police:

Whether there is any fitness programmes in place to ensure that law enforcement officers remain physically fit, given that they are unable to keep up with on-the-ground, day-to-day activities that are required in crime fighting; if not, why not; if so, what are the relevant details?

CW588E

REPLY:

Yes, there is a fitness programme in place, to ensure that law enforcement officers remain physically fit, to perform day-to-day activities. Physical fitness in the South African Police Service (SAPS), is an inherent job requirement for members, to perform their assigned day-to-day operational duties.

All new recruits, appointed as the police officials in the SAPS, are subjected to physical fitness assessments, in the SAPS Basic Police Development Academies. As soon as they graduate from the academies, they need to maintain their fitness levels.

The SAPS Physical Fitness Maintenance Policy, number 2 of 2016, compels all SAPS Act members, to participate in two and a half hours exercise sessions, per week, throughout the year. All SAPS Act members, are subjected to an Annual Summative Physical Fitness Assessment, to ensure adherence to the SAPS set fitness standard.

Annual Summative Physical Fitness assessments, include health and fitness assessments. Health Assessments include SAPS Physical Activity Readiness Questionnaire (PARQ) form to fill in, blood pressure, weight and height (BMI score) and waist circumference.

Fitness assessments include a Progressive Aerobic Continuous Endurance Run (PACER) test (Competency number of laps, is age and gender-related) or a 1.6 km

walk (Above average category), which is strictly for members who have medical conditions, sustained some injuries or have illnesses that prevent them from executing the PACER test, one minute push ups (Competency number of push ups, is age and gender-related) and one minute sit ups (Competency number of sit ups, is age and gender-related).

The requirements for the fitness assessment standards and norms, are age and gender-related. Members who do not meet the fitness requirements, are placed on the Remedial Enhancement Programme (REP), to improve their fitness levels. Physical fitness maintenance is an ongoing practice in the SAPS and has to be maintained, throughout the police career.

Reply to question 475 recommended/~~not recommended~~



**NATIONAL COMMISSIONER: SOUTH AFRICAN POLICE SERVICE
KJ SIOLE (SOEG)**

GENERAL

Date: 2021-09-23

Reply to question 475 approved/~~not approved~~



**MINISTER OF POLICE
GENERAL BH CELE, MP**

Date: 29/09/2021