



5th November 2025

RAPPP supports RSIPF PRD in 60-Day fitness challenge

The Police Response Department (PRD) of the Royal Solomon Island Police Force (RSIPF), with support from the RSIPF and AFP Policing Partnership Program (RAPPP), has launched a 60-day fitness challenge to improve officers' physical fitness, strengthen teamwork, and enhance operational readiness.

The program, which commenced on 22 September 2025, is part of the PRD's ongoing commitment to promoting a healthy and resilient police force. While framed as a 60-day challenge, the initiative will continue beyond that period to encourage a consistent culture of fitness and wellness across the RSIPF.

The challenge aims to promote a healthy and active lifestyle among officers, encourage teamwork and unity within and across units, and maintain operational readiness to ensure officers are always prepared for duty.

Training sessions are held in the afternoons from Monday to Friday, led by the AFP RAPPP and PRD physical training instructors. Workouts take place at the PRD Gym and occasionally at the Rove Oval or the Operational Training Centre, depending on the program and weather conditions.

The fitness sessions bring together members from the Central Response Unit (CRU), the Emergency Response Group (ERG) from Correctional Services, and PRD officers, alongside RAPPP Advisors and the Australian Defence Force (ADF) Advisor, who actively participate and engage with officers during the training.

RAPPP's participation underscores its ongoing support for the RSIPF's development not only in tactical capability but also in promoting wellness, morale, and unity within the RSIPF.

The program is designed to build endurance, strength, and teamwork, all essential qualities for officers responding to demanding operations. To complement the intense workout sessions, the team also incorporates recovery and well-being activities.

Recently, officers took part in an ice bath recovery session, designed to reduce muscle soreness and speed up recovery after a week of high-intensity physical training. The activity also encouraged team bonding and introduced officers to new approaches in physical conditioning.

According to RSIPF Director of Police Response Department Superintendent Lionel Kapisa, he stated that the program has already made a visible impact on the team.

"This challenge isn't just about fitness; it's about discipline, teamwork, and resilience," Superintendent Kapisa said. "Our officers are not only becoming stronger physically, but they're also learning to support each other through every challenge."

Media inquiries

RSIPF Media Unit:
24016 or 23800 Ext 239

Email:
rsipf.media@rsipf.gov.sb

The Royal Solomon Islands Police Force (RSIPF) was established in 1954. It's mission is 'To provide a safe and peaceful Solomon Islands by strengthening relationships with the community'. The RSIPF strive to provide efficient and effective policing services for the Solomon Islands and expect RSIPF officers to adhere to the RSIPF values.

For ongoing news and information, please go to www.rsipf.gov.sb

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RAPPP Advisor Gabi Guergis said the program demonstrates how shared effort and partnership can strengthen both morale and operational readiness.

"The energy and commitment we've seen from the PRD team is outstanding," Mr. Guergis said. "Programs like this build confidence, endurance, and unity, all essential qualities for effective policing. RAPPP is proud to stand alongside our RSIPF colleagues in supporting initiatives that make the team stronger in every sense."

RAPPP Health and Wellness Trainer Hence Charles, who runs the training, said he hopes to instill long-term habits that go beyond the challenge.

"We want fitness to become a way of life for every officer," Mr. Charles said. "It's part of who they are as responders to be ready, united, and strong for our communities."

While the current phase of the challenge runs for 60 days, the PRD intends to continue the program throughout the year. It also helps officers prepare for the annual PRD Fitness Recertification, ensuring they maintain the department's fitness standards.

The RAPPP remains committed to supporting initiatives that promote health, capability, and resilience within the RSIPF, helping to build a fit, professional, and operationally ready police service for the people of the Solomon Islands.

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PRD officers pushing their limits during boxing drills

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PRD members focused on strength-building drills during the ongoing 60-day fitness challenge.



Officers showing mental and physical toughness during the ice bath recovery session.

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Officers take part in an ice bath recovery session to reduce muscle soreness after intense workouts.



Smiles after strength, PRD, CRU, ERG officers and RAPPP advisors together after completing their ice bath recovery session.

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