



Headquarters
New Zealand Defence Force
Defence House
Private Bag 39997
Wellington Mail Centre
Lower Hutt 5045
New Zealand

OIA-2026-5774

5th May 2026

Dear [REDACTED]

I refer to your email of 16 April 2026 requesting, under the Official Information Act 1982 (OIA), the following:

1. *Information surrounding NZDF Medical Standards Specifications for recruits applying for Officer level entry roles that are under the Education and Support Roles career category on the NZDF careers website. Specifically Learning and Development Officer, Psychologist, Chaplain.*

There are no particular medical standards required specifically for Learning and Development Officers, Psychologists, and Chaplains. Unless applicants are being considered for Aircrew, Diver, or Special Forces roles within the New Zealand Defence Force (NZDF), there is no difference in the medical standards required at entry. This is because Defence Health Rules 11, Part 1, Chapter 1, Requirement for health standards states:

It is an inherent requirement of employment in the NZDF for all members to be operationally deployable. The enlisted member or officer is in general primarily a combatant and secondarily a specialist tradesperson. NZDF members must be able to deploy at short notice and this is reflected in specific conditions of service and health standards that must be fulfilled. Enlistees (both Regular and Reserve) must be medically fit to deploy at the time they enter the NZDF.

The standards candidates are assessed against are the Recruit Medical Standards, contained within the Defence Health Rules 11. These standards are based on best practice at the time they are written and are reviewed annually. Medical and fitness information for recruits is available on the Defence careers website¹.

2. *Are there NZDF Medical Standards Specifications for the New Zealand Army for both recruits and annual medical assessments?*

Yes, there are NZDF Medical Standards Specifications for the New Zealand Army, as defined in the Defence Health Rules detailed above.

Medical assessments (also referred to as Occupational Health Assessment (OHA)) are not conducted annually as a rule but at various times during a service member's career. For example, OHAs are conducted prior to being accepted as a recruit, when recruits arrive on

¹ <https://www.defencecareers.mil.nz/how-do-i-join/the-joining-process/medical-and-health>

basic induction training, after basic induction training, at five yearly intervals during a service member's career, and on leaving the NZDF. They can also be carried out on direction.

You have the right, under section 28(3) of the OIA, to ask an Ombudsman to review this response to your request. Information about how to make a complaint is available at www.ombudsman.parliament.nz or freephone 0800 802 602.

Please note that responses to official information requests are proactively released where possible. This response to your request will be published shortly on the NZDF website, with your personal information removed.

Yours sincerely

GA Motley
Brigadier
Chief of Staff HQNZDF