

PHYSICAL FITNESS ASSESSMENT - SHUTTLE RUN

PURPOSE OF THE TEST

The physical fitness assessment is based on the multi-stage shuttle run test. This is used to test for cardiovascular fitness. This test has proven to be functionally related and a valid measure of performance.

Firefighting will involve strenuous physical work undertaken in adverse conditions while wearing heavy protective equipment. This places a heavy load on the cardiovascular, oxygen consumption and musculoskeletal systems of the body.

PHYSICAL FITNESS ASSESSMENT PROCESS

The Shuttle Run Test will be conducted either on a marked asphalt surface or may be held indoors.

In this test you will be required to run between two cones which are placed 20 metres apart. A compact disc (CD) emits a single beep at regular intervals. You need to run between the cones and to have reached each end by the time you hear the beep. The time interval between beeps will decrease so that running speed will need to increase.

Each increase in speed is referred to a level (e.g. level 1, level 2, etc.) and is denoted by a triple beep on the CD. **You will be required to achieve level 9.6 to successfully complete the test.** This test will take approximately 10 minutes.

CLOTHING

You are required to wear sports attire.

PRECAUTIONS

A degree of caution is required in participating in the test because you may have to push yourself relatively hard to maintain the pace dictated by the CD. If you are not familiar with regular aerobic exercise, you should seek professional assistance and visit your doctor for a clearance to exercise vigorously. Remember that you will need to provide a medical clearance on the day of the physical fitness assessment.

On the day of the test, if you are suffering any injury or illness that is likely to worsen as a result of participation, or you are not in good general health, you are advised not to participate in the test.

PREPARATION

To ensure you have the best possible chance of successfully completing the test, you should follow these guidelines:

- Seek assistance from a suitably trained fitness professional to develop an exercise program to improve your cardiovascular fitness.
- Maintain a healthy diet and keep weight under control.
- By preparing well in advance with regular exercise (at least 3 times per week) for several months, you will maintain your fitness levels.
- To improve your aerobic (heart/lung) fitness, you need to participate in exercise such as jogging, cycling, and swimming for at least 20 minutes at a time, 3-4 times per week.

On the day of the test:

- Do not eat a heavy meal in the 2 hours before the test (it is strongly advisable that you have eaten some food in the 4 hours preceding the test).
- Wear suitable sports attire and non-slip footwear with laces securely fastened.
- Ensure you are well hydrated.
- The day before the test, refrain from participating in heavy exercise.
- Do not exercise on the day of the test, other than a gentle warm up.
- Perform a general body warm up activity and stretching exercises, prior to commencement of the shuttle run.

APPLICANT INSTRUCTIONS

You will receive the following instructions on the day of the test. Please make sure you understand what is required of you. Be sure to ask any questions in advance of the test.

The Shuttle Run Test is a test for aerobic fitness. The cones you see are 20 metres apart. You will listen to the instructions on the CD and then be given a five-second count down to start the test. You will be required to run back and forth between the two cones, keeping up with the beeps on the CD. The timing of the beeps starts off slowly, but gets progressively faster.

You are required to place one foot either on or behind the 20 metre mark at the end of each shuttle. **If you arrive at the end of a shuttle before the beep sounds, you should turn (by pivoting) and wait for the beep, then resume your running. If you do not reach the line at the beep, you must continue to the line, place your foot on or over the line, then turn and run to the other side.**

You will be required to continue to run until you have reached level 9.6. This will take approximately 10 minutes. When the CD calls level 9.6, you must continue to the 20 metre line and wait to hear the instructor tell you to stop. This is the end of the test. It is recommended that you cool down by walking and drink some water.

WARNINGS AND DISQUALIFICATIONS

At any stage during the test, if you fail to reach the line at the beep and you are also outside the designated area, an official will call out your number and give you a warning (e.g. Number 3, warning). If you fail to reach the line and are not inside the designated area, **a second and successive time** (within a given level) you will be called out and withdrawn (e.g. Number 3, out). If you are withdrawn from the test you will be deemed to have not completed the test.

You will also be disqualified and withdrawn from the test under the following circumstances:

- If you run outside of your lane and block the way, or crash into another applicant.
- If your shoelace becomes undone, threatening to trip you up and possibly cause danger to yourself and/or others.
- If, at the discretion of the Instructor, you appear to be experiencing serious health difficulties.

▶ Watch Stage 3 Physical Fitness Assessment Shuttle Run Video