

Tips to prepare for any fitness test:

- Practice the protocol you are being tested on.
- Follow fitness advice either via the fitness booklet, your tailored program or information on the Fire Service website.
- Avoid heavy exercise 2-3 days before your fitness test. A last minute bid to gain any physiological improvements will more likely to be counterproductive due to sore/aching muscles.
- Avoid a heavy meal before your medical/fitness test. Allow at least 2-3 hours digestion of a small amount of food i.e. a couple a pieces of fruit or a small chicken salad wrap.
- Avoid too much caffeine before your fitness test. Caffeine has a stimulant effect on the body and can cause your heart rate and blood pressure to rise. Tests are only undertaken subject to appropriate blood pressure readings. Caffeine can also dehydrate you. If you wish drink such beverages, drink 4-5 hours before your test and keep the intake low.
- If you smoke, please refrain from smoking for at least 2 hours prior to your fitness test.
- Keep hydrated before and after the test.
- Please arrive dressed in suitable clothing to undertake the fitness test, we suggest; Exercise wear such as a light fitting t-shirt, shorts or tracksuit bottoms and suitable exercise foot wear (trainers) tied up sufficiently firmly.
- Please also bring the following with you; a towel, a water bottle, face mask and a change of clothes if you would like to change.
- Prior to the test, ensure you bring and take relevant medicine if required. I.e. inhaler, GTN spray or diabetic medication.
- Before undertaking your fitness test, you will be fully briefed of the process.
- If you have any health concerns prior to the fitness test, please contact Occupational Health or the Fitness Officer who can advise you.
- Attend your test early to allow time for you to warm up. This will benefit and prepare the body for physical activity.
- Ensure any relevant paper work is completed. This will avoid delay of the medical/fitness test.
- Remain as calm and relaxed as possible. If you are unsure about anything, ask the Fitness Officer. We are here to help you.