

Enclosed Space

The enclosed test is designed to assess confidence in small spaces, agility, speed and stamina.

To complete the test successfully you will be required to put on a BA facemask and with unobscured vision make your way through an enclosed space crawl and walkway maize. Once you have made it through the maize the assessor will obscure your vision and you will complete the maize with obscured vision all within a given time period.

Exercises and training for the Enclosed Space selection test

Spiderman walks - Begin on the ground: Arms straight, both hands flat on floor shoulder width apart and both feet hip width apart. Keep a straight line from your shoulder to your hips, knees and ankles. Crawl forward by moving your right hand and left knee forward. Continue, alternating lead arm and legs. Vary the direction to ensure full range of movement. Perform 10 full movements, 3 times

Mountain Climbers - Begin on the ground: Arms straight, both hands flat on floor shoulder width apart and both feet hip width apart. Keep a straight line from your shoulder to your hips, knees and ankles. Drive one knee up to your chest, resting your toe on the floor for balance alternate legs back and forth. Complete 15 mountain climbers on each leg, repeat these reps 3 times

Plank hold from bent elbows to straight arms - Start lying on your front: place elbows on the ground under your shoulders. Lift body off the floor with toes, elbows and forearms maintaining balance. Move up off of your elbows to straight arms and then back to elbows. Complete the full movement 20 times, and repeat 3 times