

Equipment Carry Test

You will be carrying equipment over the length of the course, moving around the two cones, which cover a distance of 25 metres the items are laid out in the order, which they are to be used.

Run the hose to the second cone and place it down

Run/jog back to the start and pick up the two coils of red hose by the handles

Carry them up and down the course for 4 lengths, then place one down back in the marked space

Pick up the other by the centre lugs and carry at chest height down to the second cone and place it down, then jog three lengths back to the start

Pick up and carry the straight silver hose and basket up and down the course 4 lengths and place back in the marked space.

Then run/ jog up and down the course 4 lengths

Then pick up and carry the barbell up and down the course 4 lengths

To complete the test successfully you will need to combine endurance, upper and lower body strength and coordination.

Fitness Section

Quite an easy one to learn, take some heavy weights or whatever you may have at home or in the garage, and simply carry these weights forward and backwards, so getting used to carrying quite a heavy weight but again its just general fitness that will see you through this test.