

CF APPLICANT TESTING

CONSENT FORM

The applicant is required to sign a consent form prior to performing the battery of tests. There are two different forms:

- a.) The age of majority consent form is for 18 years or older.
- b.) The youth consent form is for 16 years or under. *This form also has to be signed by a parent/guardian of that applicant.*

A BATTERY OF TESTS

There are 4 components:

- a.) Step test (predicted VO₂ max)
- b.) Hand grip test
- c.) Maximum push ups
- d.) Amount of sit ups in one minute

PRE SCREENING QUESTIONNAIRE

The applicant will complete a Health Appraisal Questionnaire and a Pre Test Vital Signs Check (Resting BP and HR)

PROOF OF IDENTIFICATION

The applications need photo ID such as: a current drivers license, military ID, student cards, etc.

DRESS REQUIREMENTS

The applicant should be in a T-shirt, shorts and running shoes. Female applicants should be wearing a sports bra or the top of a two-piece bathing suit under their T-shirts.

PRELIMINARY INSTRUCTIONS

a.) No eating, smoking, or drinking tea or coffee at least 2 hours before the test

b.) No vigorous exercise or consumption of alcohol at least 6 hours before the test

The applicant should be notified that if they clearly ignored the preliminary instructions, there may be a negative affect on their test results and the evaluator has the choice to cancel the test.

POST TEST

After the test is done, the applicant must stay in the test area until their HR is less than 100bpm.