

# Survey on fitness testing in Fire and Rescue Services FireFit Steering Group



Nos of forms completed = 81

Nos of organisations represented = 34

Question	Yes	No	Unsure
1. Are you aware of FireFit's publication "Fitness for Fire and Rescue. Standards, Protocols and Policy"?	84%	16%	
2. Has your organisation introduced a suitable health and fitness policy that identifies how fitness issues are to be managed?	91%	9%	
3. Has your organisation implemented fitness testing for all fire-fighters?	94%	6%	
4. Does your organisation apply the recommended standard of aerobic fitness of 42mlsO <sub>2</sub> /kg/min?	76%	24%	
5. Are fire-fighters withdrawn from operational duties if there aerobic capacity is below 34mlsO <sub>2</sub> /Kg/min?	62%	35%	3%
6. Does your organisation undertake fitness testing at 6 monthly intervals?	76%	18%	6%
7. Do all fire-fighters in your organisation have access to expert advice on fitness and health?	85%	12%	3%
8. Are fire-fighters in your organisation allowed regular time for physical training?	74%	20%	6%
9. When introducing a health and fitness policy was a suitable amnesty period allowed for fire-fighters in your organisation to improve their fitness?	50%	35%	15%

10. Is fitness testing in your organisation always undertaken by an OH professional/fitness adviser?	79%	21%	
11. Does your organisation always undertake a pre participation health screening prior to all fitness tests?	85%	12%	3%
12. Does your organisation always undertake a pre participation blood pressure?	65%	32%	3%
10. Does your organisation have access to equipment/service to measure aerobic fitness by gas analysis?	56%	41%	3%

What is your primary method for fitness testing?	
Chester step test	54%
Multi stage shuttle run test	15%
Chester treadmill walk test	24%
Gas analysis	5%
Other	2%