

### FITNESS TESTING/PROVISION OF FITNESS ADVICE QUESTIONNAIRE

The FireFit Steering Group is attempting to assess provision of fitness testing/provision of fitness related advice to Fire & Rescue Service (FRS) personnel throughout the UK. It is intended that the information will assist us in designing fitness training courses tailored for FRSs and assist with future policy issues relating to Fire Fighter fitness. Your participation is valued - thank you in anticipation for your time.

Name of Fire & Rescue Service	
Wholetime personnel (approx)	
Retained personnel (approx)	
Non-uniformed (approx)	

Completed by (name & position)			
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Contact details	Tel.		Email	
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Please tick the appropriate boxes and provide additional details where requested.

#### Qu. 1 Does your FRS employ a full-time Fitness Adviser?

	Yes, uniformed (please also state how many)	
	Yes, non-uniformed (please also state how many)	
	No, fitness assessments carried out by Occupational Health team	
	No, fitness assessments are carried out by other means (please state)	
	No, fitness is not assessed	

#### Qu. 2 If you have answered 'Yes' to question 1 please state the qualifications that are held by this person(s) e.g. Sports Science degree

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#### Qu. 3 Does your FRS employ a part time or dual role fitness adviser?

	Yes, part time (please also state how many hours per week)	
	Yes, dual role (please state what other responsibilities they undertake)	
	No, fitness carried out by Occupational Health team	
	No fitness assessments are carried out by other means (please state)	
	No	

#### Qu. 4 If you have answered 'Yes' to question 3 please state the qualifications that are held by this person(s) e.g. Sports Science degree

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#### Qu. 5 Does your FRS have 'Watch based' fitness 'leaders'?

	Yes		No	
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Qu. 6	If you answered 'Yes' to question 5 please state what qualifications/what level of training they undertake to perform this role/who provides this training and outline their responsibilities once qualified					
Qu. 7	Does your FRS have a fitness strategy that requires operational personnel to undertake regular aerobic (VO <sub>2</sub> ) fitness tests?					
	Yes, all uniformed personnel (please state frequency & target VO <sub>2</sub> level)					
	Six monthly		Annually		Three-Yearly	
						Other (state)
	Target VO <sub>2</sub> Standard ( mlsO <sub>2</sub> /kg/min)					
	Yes, personnel in operational roles only (please state ranks/roles/frequency & target VO <sub>2</sub> level)					
	Six monthly		Annually		Three-Yearly	
						Other (state)
	Target VO <sub>2</sub> Standard ( mlsO <sub>2</sub> /kg/min)					
	Which ranks/roles applicable					
	No					
Qu.7a	Tick the box if the required VO <sub>2</sub> is modified for:					
	Age				Gender (M/F)	
Qu.7b	Does your FRS remove staff from operational duties if they fall below a given VO <sub>2</sub> standard?					
	Yes (Please state below what level of VO <sub>2</sub> ) mlsO <sub>2</sub> /kg/min				No	
Qu.7c	Does your FRS institute recall of staff to the fitness advisor/occupational health department if they fall below a given VO <sub>2</sub> standard?					
	Yes (Please state below what level of VO <sub>2</sub> ) mlsO <sub>2</sub> /kg/min				No	
Qu.8	If you answered 'Yes' to question 7 please indicate which testing method(s) are used					
	Chester step test		Astrand cycle test		Multi Stage Shuttle Run test (Bleep test)	
	Gas Analysis/Treadmill		Gas Analysis/Cycle		Other (please state)	
Qu.9	If you use Gas Analysis, does your FRS (tick all that apply)					
	Use gas analysis as the primary method of assessing VO <sub>2</sub> ?					
	Use gas analysis to underpin the result of an initial VO <sub>2</sub> test?					
	Own this equipment?					
	Utilise Gas Analysis equipment from within region?					
	Utilise the services of a local university for gas analysis testing?					
Qu.10	Does your FRS have a written Fitness Policy?					
	Yes		No		No, but in development	

Please post to: Paul Wilsher, Essex County Fire & Rescue Service, Headquarters, Kelvedon Park, Rivenhall Witham, Essex, CM8 3HB.

Any comments: