

## Appendix A.2: Field Test Protocol

All tests to be carried out at 0 - 1000m above sea level

Appropriate rest should be taken between tests

Test	Environment	Equipment	Determining factor	Control parameters
Cooper test	Tartan surfaced 400m track		12 minutes running	Maximum distance in time Distance rounded down to nearest 50m increment Running spikes are not allowed
Pull ups	Indoor	Integrated pull-up' bar	Repetitions until failure	Maximum repetitions until failure Straight arms to chin over bar, no locking of joints. Straight body at all times No swinging momentum
Crunches	Indoor	Padded mat with heels on top of box	Repetitions until failure	Maximum repetitions until failure Lie on back on a padded mat heels on box with ankle bone in line with edge of box Hips and knees at 90 degree angle (bones) Arms outstretched towards box at all times Shoulders off ground throughout test Touch top of box with fingertips for each rep Controlled smooth movement, no bouncing
5 jump	Tartan surface		Maximum distance with 5 jumps (both feet together)	Maximum distance for 5 consecutive jumps No pause / stop between jumps Distance measured from front of toes at start Distance measured to back of heels at finish Best of 3 attempts
Hurdle agility test	Tartan surface	adjustable lightweight hurdles	2 circuits starting finishing in centre	Hurdles set 3m from centre pole minimum time for 2 circuits 4 hurdles set at top of hip bone. 3m from centre point centre cone as start and finish with foot contact restart whenever hurdles knocked over 3 restarts allowed always pass on left of cone and turn 90 deg to the right
Box jumps	Tartan surface	Box of 30cm height and 40cm width ChII  Box of 20cm height and 40cm width ChI	60 / 90 secs	Maximum lateral jumps onto and over box  Body and feet always facing forwards  Both feet contact box and ground at same time Start on box, count each time land on box