



The information in this brochure is a general guide only. Individual fitness and health requirements should be discussed with your doctor.

For more information about the fitness program, please contact the ACT State Emergency Service on 02 6207 8451 or the ACT Rural Fire Service on 02 6207 8609.

WARM UP AND COOL DOWN

THE WARM UP IS IMPORTANT TO:

- Prepare the body for activity;
- Reduce the possibility of injury and soreness.

The warm up should incorporate all areas of the body, take five or ten minutes and be of light intensity.

THE COOL DOWN IS IMPORTANT TO:

- Allow the body to remove waste from the working muscles;
- Reduce the possibility of dizziness and fainting; and
- Speed up the recovery from strenuous exercise and minor injuries.

The cool down includes exercises that gradually allow your heart rate, breathing and muscles to return to normal.

STRETCH BEFORE AND AFTER

Stretching is important to aid recovery and reduce the muscle soreness. Regular stretching will assist by increasing joint range of movement, muscle elasticity and ability to cope with rough terrain. Suggested stretches to be performed before and after exercise. Hold all stretches for up to 10 seconds. All exercises should be completed till you feel a gentle tug across the muscle, not so fiercely that it causes pain or discomfort.



SHIN STRETCH

Feet apart, point back foot downwards and lean forward. Stretch until a stretch is felt in the shin.



TRICEPS STRETCH

Place bent arm behind head, grasp elbow with other hand and push down. A stretch down the back of the arm is felt.



SHOULDER STRETCH

Grasp arms behind back and raise upwards. A stretch is felt in the upper shoulder and back.



TRUNK STRETCH

Feet shoulder width, lean to the side and reach up and stretch over your neck.



HAMSTRING STRETCH

Sit with one leg outstretched and the other tucked in so your foot is flat against your leg. Reach towards your toes.



QUADRICEPS STRETCH

Stand upright against a wall or a buddy for support and pull your heel towards your buttocks with your hand.



CALF STRETCH

Leaning against a wall, bend front leg and keep back leg straight. Slowly push your hips forward.



BACK STRETCH

On the ground, cross one leg over the other. Push against the crossed leg with the opposite elbow and turn head over shoulder.

FITNESS TEST



ACT RURAL FIRE SERVICE AND ACT STATE EMERGENCY SERVICE HEALTH AND FITNESS PROGRAM



WHY DO ACTSES AND ACTRFS MEMBERS NEED TO BE HEALTHY AND FIT?

ACTRFS and ACTSES members perform physically demanding tasks during operational incidents and training.

Maintaining health and fitness is an essential part of personal and team safety. It assists in coping with fatigue, stress, sustained physical activities and hot conditions. All members are required to demonstrate an appropriate medical and physical fitness capability.

HOW WILL MEDICAL AND PHYSICAL FITNESS BE ASSESSED?

MEDICAL FITNESS

All members will be required to undertake a medical assessment when they first join the service. This assessment is undertaken by a doctor who provides both you and the service with a professional opinion about your physical capabilities to perform certain functions.

PHYSICAL FITNESS TESTING

The Work Capacity Test has been developed for testing of physical fitness, strength and endurance of ACTRFS and ACTSES members.

The Light Walk Test is a 1.6km walk over flat terrain in 16 minutes, carrying no weight. All members involved in non field based operational activities will be required to pass the light walk test, including restricted members.

The Moderate Field Test is a 3.2km walk over flat terrain in 30 minutes, carrying 11kg. Moderate fitness is the minimum level of fitness for field operations.

The Arduous Field Test is a 4.8km walk over flat terrain in 45 minutes, carrying 20kg. Arduous fitness is for specialist roles such as Remote Area Fire Teams (RAFT) or remote locality searches.

Each brigade or unit is responsible for administering the test locally for members. Comfortable supportive footwear is to be worn. Shorts and short sleeve shirts are permitted for the test. A hat and sunscreen are also recommended.

FITTING A BACKPACK OR WEIGHT VEST

Discomfort or even injury can result from wearing poorly designed or incorrectly fitted backpacks and vests. It is essential that backpacks used for training and assessment be well designed, properly fitted and adjusted.

To fit a backpack correctly, stand upright, slip on the shoulder straps and adjust the shoulder straps to keep the backpack at a comfortable height. Adjust the waist belt snugly so the hips take most of the weight. If preferred, finish by firmly fitting the chest strap where available.

Weight vests can also be used for the assessment. The assistance of a second person is required when fitting a weight vest to ensure that the weight is distributed evenly across the vest.

RECOMMENDED EIGHT WEEK FITNESS PROGRAM (X TIMES PER WEEK)				
WEEK		LIGHT	MODERATE	ARDUOUS
1	Walk....	800m in 8 mins (x2)	1.6km in 15 mins (x2)	2.4km in 22 mins (x3)
2	Walk....	800m in 8 mins (x2)	2.1km in 20 mins (x2)	4.8km in 45 mins (x3)
3	Walk....	1km in 10 mins (x3)	2.1km in 20 mins (x3)	4.8km in 45 mins (x2) with 4kg
4	Walk....	1km in 10 mins (x3)	3.2km in 30 mins (x3)	4.8km in 45 mins (x3) with 7kg
5	Walk....	1km in 10 mins (x3)	3.2km in 30 mins (x3) with 7kg	4.8km in 45 mins (x2) with 10kg
6	Walk....	1.6km in 16 mins (x3)	3.2km in 30 mins (x3) with 9kg	4.8km in 45 mins (x3) with 13kg
7	Walk....	1.6km in 16 mins (x3)	3.2km in 30 mins (x3) with 11kg	4.8km in 45 mins (x3) with 17kg
8	Walk....	1.6km in 16 mins (x3)	3.2km in 30 mins (x3) with 11kg	4.8km in 45 mins (x2) with 20kg

TRAINING FOR THE FITNESS TEST

Once you have been medically cleared to begin training, you will need a few items for training:

- Adequate covered footwear that will protect feet and ankles when testing;
- Comfortable clothing, including hat and sunscreen if required;
- A comfortable, well fitted pack or weight vest, and
- A safe place to train.

If required, approximately eight weeks interval is given for participants before undergoing the Task-Based Assessments. It is recommended that you gradually commence training, keeping in mind any physical or medical considerations you may have.

Check your heart rate when exercising. As a guide, your heart rate should not be higher than (220-age) x 0.75.

When undertaking any fitness program, remember to:

- Warm up, stretch and cool down,
- Do not exercise if you feel unwell or are in pain,
- Stop exercise that causes you pain immediately, and see a doctor,
- Start slowly and gradually increase your training as your fitness improves, and
- Keep a record of what you have achieved with goals set along the way.

RECOMMENDED EIGHT WEEK FITNESS PROGRAM

The fitness program is designed to develop and train cardiovascular and muscular strength and endurance – the physical traits necessary for effective operations. It should be used as a guide only. All training should be undertaken at the individual’s own pace.

This program is more beneficial when combined with cross training, stretching and muscle strengthening.

Cross training adds variety to your exercise program whilst continuing to increase cardiovascular endurance. These activities may include jogging, cycling, swimming and dancing.

STRENGTHENING

Resistance training will build up muscle strength. This can include water walking, weight training, push-ups and squats.

IMPORTANT!

It is recommended that you have medical advice before commencing training.

Remember to always train with care.

