

# MAINE ASSOCIATION FOR SEARCH AND RESCUE

## Search Team Member Certification Standard Appendix A

### Aerobic Fitness Test Record

#### Pre-Test Questions and Test Results

Name: \_\_\_\_\_

Unit: \_\_\_\_\_ Date: \_\_\_\_\_

#### Pre-Test Questions (should be answered before test is administered.)

- 1) Do you have your doctor's approval to take part in an active physical fitness program such as Search and Rescue? Y / N  
Doctor's Name: \_\_\_\_\_ Date: \_\_\_\_\_
- 2) Have you had a physical within the last 3 years? Y / N
- 3) Are you currently in an active physical fitness program? Y / N
- 4) Do you have any known physical life-threatening or limiting condition(s)? Y / N
- 5) Have you had coffee, cigarettes, a meal, or significant exercise in the past two hours? Y\*/ N
- 6) Have you had any debilitating illness, such as the flu, within the past several weeks? Y\*/ N

\* If the answer is Yes to question 5 or 6, then this test must be rescheduled.

#### The tester shall read the following to each applicant for testing:

If at any time during the test you experience nausea, extreme fatigue, breathlessness, pounding in your head, or chest pain, stop the test and tell the tester.

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#### Fitness Test Results

Only one test is required for each individual. The score for that test should be entered below. Use form on the back of this sheet for entering data and calculating test scores.

1-1/2 Mile Run (App. A, Sec. IV A)	Pass/Fail
1 Mile Walk (App. A, Sec. IV B) _____VO <sub>2</sub> (≥35 to pass)	Pass/Fail
Field Test (App. A, Sec. IV C)	Pass/Fail

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#### Fitness Test Data and Calculations

##### 1-1/2 Mile Run Test Data

Age: \_\_\_\_\_ Sex: \_\_\_\_\_ Time: \_\_\_\_\_

Pass: \_\_\_\_\_ Fail: \_\_\_\_\_ (Refer to Appendix A, Section IV B for scoring)

##### 1 Mile Walk Test Calculations

Age: \_\_\_\_\_ Sex: \_\_\_\_\_ Weight: \_\_\_\_\_ Walk Time: \_\_\_\_\_

Pre-Test Pulse: \_\_\_\_\_ Post-Test Pulse: \_\_\_\_\_

Fill in lines A-D using Table 33 on Page 8 of Appendix A, and sum for line E:

A \_\_\_\_\_

B \_\_\_\_\_

C \_\_\_\_\_

+ D \_\_\_\_\_

E \_\_\_\_\_

Divide "E" by weight in kilograms and multiply by 1000; enter result below:

\_\_\_\_\_ ml/kg VO<sub>2</sub>

VO<sub>2</sub> must be ≥35 to pass.

##### Field Test Data

Time: \_\_\_\_\_ Pass: \_\_\_\_\_ Fail: \_\_\_\_\_ (Refer to Appendix A, Section IV D for scoring)