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.

Fitness Test Results

Only one test is required for each individual. The score for that test should be entered below. Use form on page 2 for entering data and determining test results.

1-1/2 Mile Run (App. A, Sec. IV A)		Pass/Fail
1 Mile Walk (App. A, Sec. IV B)	_____ VO_2 (≥35 to pass)	Pass/Fail
Field Test (App. A, Sec. IV C)		Pass/Fail

Test Administrator's Name: _____

Test Administrator's Signature: _____

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Appendix A

Aerobic Fitness Test Record

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)

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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_2

VO_2 must be **≥35** to pass.

Field Test Data

Pack Weight: _____lb. Weighed by: _____

Walk time: _____ Timer: _____

Pack weight must **25** lb. and time must be **30** minutes or less to pass.