

Parliamentary Security Service – Physical Fitness Guide

PREPARATION

With a base level of fitness in place the physical assessment is achievable.

If you're an active person who walks, runs, swims or plays competitive sport regularly you should gain the required results with ease.

WARM-UP PROCEDURE

Every exercise session should be preceded by a period of 5 to 10 minutes of warm-up and stretching, where the body is gradually prepared for the effort to come. The warm-up should be gentle and preferably use the muscles to be involved in the major activity.

After the warm-up you should complete a number of stretching exercises to prepare your muscles for the activity. Stretching exercises should be held for 5 to 10 seconds with no bouncing or pain.

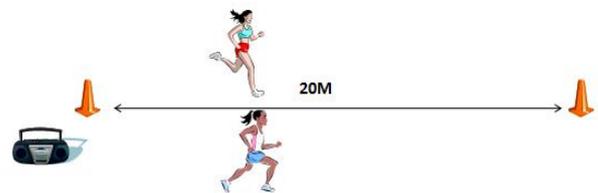
SIT-UPS

1. To start, your legs must be bent at 90 degrees and your feet are either flat or with heels on the ground. Your feet can be either held or anchored.
2. Keep your arms straight with the palms of your hands on top of your legs. Your chin should be as close to your chest bone as comfortable.
3. To sit-up, keep your hands in contact with your legs until your wrists come to the top of your knee caps. When your wrists reach this position, lower to the start position. This should take 3 seconds and is counted as one sit-up.

SHUTTLE TEST

You run to and fro - a shuttle test - along a 20 metre track, keeping up with a series of beeps on a recording. The timing of the beeps starts off slowly and gradually gets faster, so it gets harder and harder to keep up the required speed.

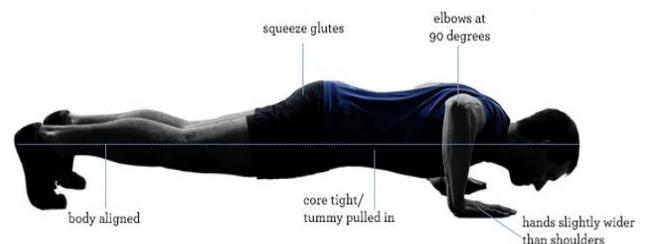
When you can no longer keep up the required speed you stop, and this provides a good indication of your current aerobic fitness level



Run it time with the beeps
Speed increases 0.5kmh every 60 seconds.

PUSH-UPS

1. To start, your toes should be on the ground, feet together or shoulder width apart and palms flat. Your back should be straight and you can either look forward or down. Your arms should be in the lock position.
2. To reach the down position, keep your body straight then bend your arms to a 90 degree angle from shoulder to elbow. After this has been achieved, push your body back to the full arm lock position. This is one push-up.
3. You can rest in either the full arm lock position or in the 90 degree position.



WALL-SIT

Stand comfortably with feet approximately shoulder width apart, with your back against a smooth vertical wall. Slowly slide your back down the wall to assume a position with both your knees and hips at a 90° angle.

This measures the strength endurance of the lower body, particularly the quadriceps muscle group.

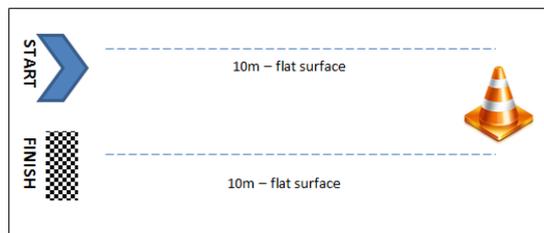


HAND GRIP

The subject holds the dynamometer in the hand to be tested, with the arm at right angles and the elbow by the side of the body. The handle of the dynamometer is adjusted if required - the base should rest on first metacarpal (heel of palm), while the handle should rest on middle of four fingers. When ready the subject squeezes the dynamometer with maximum isometric effort, which is maintained for about 5 seconds. No other body movement is allowed. The subject should be strongly encouraged to give a maximum effort.

BODY DRAG

The subject is to hold the weighted (50-55kg) dummy from under each armpit, once in position the subject is to drag the dummy for 20m.



COOL DOWN

As with the warm-up, a cool-down period is a vital component of an exercise program. This involves a gradual decrease in the intensity of the exercise, until the body's physiological functions return to the resting state.

Stretching should also be done during this cool-down phase.