



## Strength Testing Advice Beforehand

Please review the below carefully to minimise the likelihood of delays and increased costs associated with retesting where same is required.

### 1. Identification

- a. Please ensure to bring valid, in date, government photo identification. E.g. passport.

### 2. Fitness test

- a. You may be required to complete a fitness test.
- b. Please wear comfortable and loose clothing.
- c. Please wear shoes with good grip and flexibility.
- d. Please do not eat, smoke nor drink coffee nor tea for 2 hours before the test.
- e. Avoid heavy exercise 24 hours before the test.
- f. It is required to be in general good health before a fitness test.

### 3. Strength test

- a. You may be required to complete a strength test.
- b. Please wear comfortable and loose clothing.
- c. Please wear shoes with good grip and flexibility.