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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.