

Civil Aid Service
Recruitment of Members
Functional and Fitness Test
(revised on 16.5.2025)

1 Functional Test

1.1 Rope Handling Test

- A. Purpose:** To test the coordination of candidate and whether he/she can handle the ropes with both hands.
- B. Requirements:**
1. Put on the safety gloves. Lift a weight of about 30 lbs from the ground to the standard height with the rope system provided.
 2. Return the weight to the ground.



1.2 Working at Heights Test

A. **Purpose:** To test the candidate's ability to work at heights.

B. **Requirements:**

1. Climb up the platform ladder to a height of 1.8 m above the ground.
2. Lock up the safety bar of the platform ladder and stand firm on the platform. Face forward. Slightly lean forward. Read out the A4-size numbers on the ground.
3. Release the safety bar and climb down to the ground.



2. Fitness Test

Purpose: To assess whether the candidate is physically fit for undergoing the recruit training.

2.1 Press-up

(Candidates are allowed to perform press-up or knee press-up)

Requirements: one minute

25 years or below	26-35 years	36-45 years	46-55 years	56 years or above
10 times	9 times	8 times	7 times	6 times

- (i) Lie chest-down on the mat with your hands supporting the body. Eyes forward.

- (ii) Press-up: Support the body with your hands straight. Keep your body straight and toes outside the mat.

Knee press-up: Kneel on the mat. Support the body with your hands straight. Keep your body and lower legs straight.

Press-up



Knee Press-up



- (iii) Bend your elbows at 90-degree angles or smaller to lower your chest towards the ground. Keep your body straight.



- (iv) Stretch your elbows and you're your body straight.

- (v) Come back up to the original position.

2.2 Sit-up

Requirements: one minute

25 years or below	26-35 years	36-45 years	46-55 years	56 years or above
13 times	12 times	11 times	10 times	9 times

- (i) Lie on your back on the mat with your hands cross over the chest and knees bent at 90-degree angles.
- (ii) Lift your upper body upward until it reaches a 90-degree angle with the ground. Keep your hands cross over the chest.
- (iii) Lie down with your shoulders touching the mat. Bring yourself back to the original position.



2.3 Squat Thrust

Requirements: 30 seconds

25 years or below	26-35 years	36-45 years	46-55 years	56 years or above
6 times	6 times	5 times	5 times	4 times

- (i) Stand straight and have your toes touching the edge of the mat. Eyes forward.



- (ii) Squat down and touch the mat with both hands. Your hands should be about 1 foot away from your toes.



- (iii) Kick your feet backward until you are in the press up ready posture. Eyes forward.



- (iv) Jump your feet back forward and have your toes touching the edge of the mat and keep your hands touching the mat.



- (v) Stand straight and resume the original posture.

2.4 800-Metres Run

Requirements: Complete 800-metres running within the following time.

25 years or below	26-35 years	36-45 years	46-55 years	56 years or above
6 minutes	6 minutes	6 minutes 30 seconds	6 minutes 30 seconds	7 minutes