

Civil Aid Service
Recruitment of Members
Functional and Fitness Test
(revised on 1.1.2020)

1. Blood Pressure and Heart Rate Check

1.1 Purpose: To ensure that the candidate's blood pressure and heart rate are at a safe level for undergoing the Functional and Fitness Test.

1.2 Indicators:
Blood pressure: 139/89 mmHg or below
Heart rate: 99/min or below

2 Functional Test

2.1 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.



2.2 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. Count from 1001 to 1010. About 10 seconds later, read out the A4-size numbers on the ground.
3. Release the safety bar and climb down to the ground.



3. Fitness Test

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

3.1 Press-up

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

Requirements: 10 times per minute

- (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.

3.2 Sit-up

Requirements: 13 times per minute

- (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.



3.3 Squat Thrust

Requirements: 6 times per 30 seconds

- (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.



3.4 800-Metres Run

Requirements: Finish running 800 metres within 6 mins.

- End -