

## Linton Military Camp Fitness Testing

### Required Fitness Test (RFL)

The RFL is conducted three times throughout the week, Mon 0930hrs, Wednesday 1030hrs and Friday 0930hr.

Participants must register before the test day of their choice. On the day of testing, participants meet up at the start point 5mins before the test start time to receive a brief on the conduct and safety aspects of the test. The PTI will also conduct a nominal roll call to ensure those recorded on the recording sheet are present.

The RFL run route is 1 & 1/3 of the teardrop-shaped track, running in an anticlockwise direction.

To complete the test, the push ups and curls will be conducted at the gym.



### Land Combat Fitness Test (LCFT)

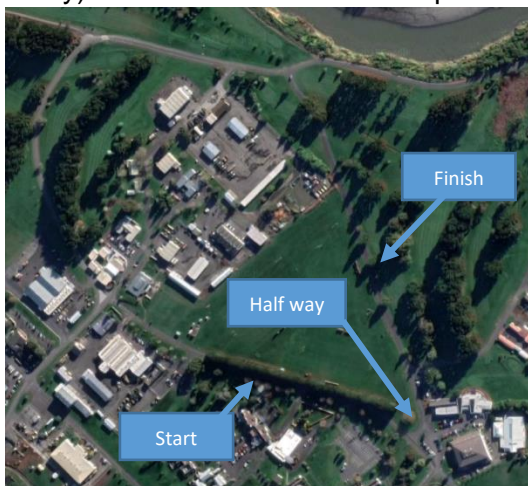
The LCFT is conducted twice throughout the week, Wednesday 0800hrs and Monday 0930hr.

Participants must register before the test day of their choice. On test day, participants meet up behind the pool 10mins early to sign for a weighted vest and receive a brief on the conduct and safety aspects of the test. The PTI will also conduct a nominal roll call to ensure those recorded on the recording sheet are present.

NOTE: Participants are to source their own weapons for the test. Issued boots only to be worn unless proven and authorised with medical chit for other footwear.

The LCFT run route is 2 & 1/4 of the teardrop-shaped track, running in an anticlockwise direction.

The First three components of the test (Lift and place, Fire and manoeuvre, and Lift and Carry) are conducted behind the pool and on the Sports field.



### **Basic Water Swim Test (BWST)**

The BWST is conducted on Wednesday at 1100hrs.

Participants are to meet at Koop Pool 5mins prior to the test time. You can register on the day at the pool. PTI's can be provided uniforms; however, they are limited.