



Date of Appointment: \_\_\_\_/\_\_\_\_/\_\_\_\_  
Time of Appointment: \_\_\_\_\_  
Fitness Advisor: \_\_\_\_\_

## **Pre-Test Guidelines**

**All assessment measurements should be as far as possible taken at the same time of the day with pre-assessment and assessment conditions as similar as possible.**

- **Consumption:**

- Avoid eating within 3 hours of the test.
- Avoid drinking excessive alcohol during the day before the test and altogether on the day of the test.
- Avoid drinking coffee, tea, cola, or any caffeinated beverage 3 hours prior to the test.
- Avoid smoking for at least 2 hours prior to the test.

- **Action:**

- Avoid exercising or any form of heavy, strenuous activity 12 hours prior to the test.
- Have a good nights sleep the evening before the test.
- Avoid using a Jacuzzi, sauna or sun-bed during the 2 hours prior to the test.
- BCA assessment – urinate before the assessment

- **Medical:**

- Postpone the assessment if you have a temperature or feel unwell.
- BCA assessment – avoid assessment during menstrual period

- **Clothing:**

- Wear training shoes and loose, comfortable clothes.

If you require more information, please contact a member of the Fitness Team on 879900.