



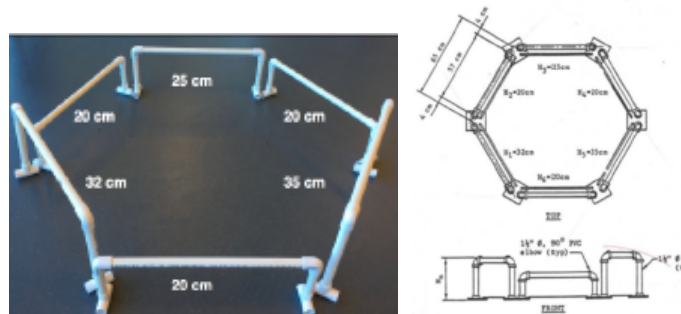
## ACA Fitness Combine Equipment, Facility and Administration Requirements

### AIS 20m Shuttle Run (Beep Test)

- 30m Tape measure to determine the turning points
- Cones, marker chalk, or tape to clearly mark the turning points
- Speakers loud enough to hear the audio for the full length of the test in the space being used
- Audio device to play the Australian Institute of Sport 20m Shuttle-Run (Beep Test) audio file.
- **Audio file:** [AIS 20m Shuttle Run \(Beep Test\)](#)
- Follow the calibration instructions prior to every test and modify the running distance according to the table provided below.
- Large open space that is a flat, even surface (e.g., turf, track, court, dry asphalt, other flooring) that is at least 30 meters in length. Width is determined by how many athletes will be running at one time.
- To obtain the most accurate results, particularly if they are to be compared for the same subject over a period, the tests should be performed in as similar conditions as possible.

### Hexagonal Obstacle

- Standard Hexagonal Obstacle
- Stopwatch
- Even, hard surface with good traction (e.g., turf, track, court, dry asphalt, other flooring)



### Modified Hexagonal Agility

- Tape or chalk to create the hexagon lines on the ground
  - Length of each side = 60.5 cm
  - Angle between sides = 120 degrees
- Tape measure & Protractor
- Stopwatch
- Even, hard surface with good traction (e.g., turf, track, court, dry asphalt, other flooring)

### Standing Long Jump/Double Leg and Single Leg Penta Jump

- Metric tape measure
- Non-slip floor
- Masking or Athletic tape to clearly marked take-offline



### Max Push Ups (Tempo Imposed)

- Push-up audio file or metronome set to 20 BPM
- Speakers and device to play the audio file
- Flat surface
- **Audio file:** [Max Push Ups \(Tempo Imposed\)](#)

### Pull Ups/Bar Hang

- A pull-up bar high enough for the tallest athletes to hang from without touching the ground with their feet pulled behind them at a minimum.
- A stopwatch if athlete is performing the bar hang

### Sit Up (Tempo Imposed)

- Sit up audio file or a metronome set at 20 BPM
- Speakers and device to play the audio file
- Flat surface
- **Audio file:** [Sit Ups \(Tempo Imposed\)](#)

### Brutal Bench

- Standard bench with foot holds, turned on end and secured to the wall the goal is to have the knees at 90 degrees
- Mat or padding to go behind the knees
- The bench should be stable and attached to a pole or wall. Ideally, the bench should measure 75 cm high x 50 cm wide x 160 cm tall and should have padding below the knees and on top of the shins.
- A box or small ladder can be used by the athlete to get into the start position
- Rope ring with about a five (5) centimeter diameter

### 45/60/90 Second Box Jump

- Stopwatch
- Flat, even, non-slip surface
- Counter (suggested)
- A box meeting the specifications listed below
  - 40cm high for U16 and older
  - 30cm high for U12 and younger
  - There should be no sharp edges on the box

### Squat Technique & Submaximal Squat (Gym)

- Squat stand/rack
- Wooden Dowel/10kg bar/15kg bar/ 20kg bar – dependent on age of athlete
- Weight plates
- Weight belt
- Minimum 2 – 4 people
  - 1 – 3 spotters
  - One observation of technique and recording results



### Deadlift Technique & Submaximal Deadlift (Gym)

- 10kg bar/15kg bar/ 20kg bar – dependent on age of athlete
- Weight plates
- Weight belt
- Minimum three (3) people
- One (1) observer
- Two (2) spotters

### General Equipment

- Clipboards for each station
  - Station signs showing name
  - Print out of benchmarks posted at each station
  - Tape for floor
  - Cones to mark testing areas
  - Yoga Mats (floor testing)
  - Registration table
  - Access to drinking water & washroom facilities
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## Pre-Combine Checklist (Field Testing)

### Environment Checklist

- The risk minimization process has been completed for the test protocols you are conducting.
- The venue has been inspected and will provide a safe space for athletes to participate
- The equipment to be used is calibrated and operating correctly. Spare batteries and consumables, where required, are packed and stationed where needed
- All equipment is packed safely for transport to the field-testing area
- The evaluation surface is safe and appropriate:
  - If evaluations are to be done on grass, the grass is not too long and there are no potholes where athletes will be running and/or jumping.
  - If evaluations are to be conducted on courts, there are no hazards such as water or foreign objects and there is enough room for athletes to run through after jumping or the AIS 20m Shuttle Run (Beep Test)
- There is sufficient lighting at the testing venue
- If outdoors, pay careful attention to the environmental conditions to ensure fair and accurate testing results
- Evaluators and athletes have appropriate access to first aid facilities and medical assistance if required



## Procedural Considerations

- All station results recording sheets, and documentation is packed ahead of the fitness combine date
  - All electronic score recording sheets are pre-populated with athlete names and bib numbers
- All pretest conditions, as specified in the protocol, have been implemented
  - All participants are registered 24 hours ahead of the fitness combine through SnowReg
    - All appropriate waivers and demographics data used to analyze the results are being sent to ACA 24 hours ahead of the fitness combine
- All evaluators arrive at the venue with sufficient time to set up and test all equipment prior to testing and the arrival of athletes
- The registration desk is set up, ready to check athletes into the fitness combine and distribute the correct bib number to the athletes
- A copy of the ACA Fitness Combine protocol will be printed ahead of time and available for staff to easily review.
  - Each station should have a clipboard with a copy of the protocol
  - If possible, a copy of the protocol should be posted along with the benchmarks at each respective station
- The combine order (as per the ACA Fitness Combine) is established, athletes should be schedule through each station sequentially as specified in the protocol.
  - Athlete groupings should be scheduled in waves of 15 – 20 minutes apart in groups no larger than 8 – 10 athletes; this is all dependent on the number of available stations for each evaluation.
- All evaluators are appropriately trained and competent to conduct the evaluations

## Athlete preparation

- Athletes are in good health and free of injury
- Athletes have signed the informed consent form through their registration on SnowReg
- Athletes are dressed appropriately with proper footwear and light, non-restrictive clothing
- Athletes are well rested, hydrated and have taken in the proper nutrients ahead of the test.
  - Athletes are encouraged to maintain a healthy diet 2 – 3 days prior to the fitness combine
  - Athletes should not eat a heavy meal prior to attending the fitness combine, they are encouraged to bring snacks, water, and electrolyte drinks to the combine
- Athletes are familiar with the fitness combine protocol and understand what they are being asked to physically complete at each station
- All athletes are required to complete an appropriate warm-up.
  - A sample warm-up has been included; however, athletes and coaches can adjust to ensure the athlete is prepared properly
- All athletes are encouraged to give their best effort



### Procedural Considerations Gym Testing

- The submaximal deadlift and squat can be performed on a separate day from the field-testing battery.
  - Lifting technique can be performed during the field testing as an educational component
- All athletes will undergo a lifting technique evaluation prior to undertaking the submaximal loads
- All athletes must come to gym testing with a verified training history showing the sets, reps and weights lifted for the past 4 weeks prior to the event.
  - This training history may be used to determine the load that the athlete will lift during the evaluation.
    - Athletes complete the test using the calculated 70% of their current 1RM as calculated from their training history
- The athlete should perform an appropriate warm-up prior to undertaking the lifting warm-up as described in the protocol
- All lowering and lifting actions must be performed in a continuous manner. A single rest of no more than 2 seconds between repetitions is allowed.
- A maximum of 5 minutes is allowed between trials
- Minimum weight increments of 2.5 kg should be used between trials
- Spotters along with the supervising coach are to remain focused
- The lifting platform must be clear of any objects, it's best practice to tape off a 5m x 5m area to ensure safety of the athlete and spotters.