FHBC Provincial Program Fitness Policy

Fitness Testing

- FHBC Provincial Program Evaluations include fitness testing. The testing that is utilized is reviewed on a yearly basis.
- The fitness test that will be used is called the **Bronco Test**.
- We will look to facilitate fitness testing opportunities both during and in the week prior to the Evaluation weekend. Fitness testing opportunities will be communicated to athletes ahead of time, so you can choose the option that works best for you.
- Athletes will only be allowed to choose one testing date. There will not be an opportunity to retake the test a second time within the same evaluation window.
- Fitness testing is considered a mandatory evaluation requirement, and should be done prior to, or on the weekend of an athlete's on field evaluation. Any delay in completing the required fitness testing may lead to a delay in an athlete receiving their evaluation results.
- Note: there is no minimum standard associated with the fitness test this year. Scores on the Bronco Test will contribute to each athlete's GMP Evaluation.

Bronco Test Protocol

How the Bronco Test works:

- The Bronco Test is a fitness test designed to measure an athlete's Aerobic Endurance.
- Athletes run shuttles of 20, 40 and 60 metres.
- Each athlete will run from the baseline to 20m, back to the baseline. Then, from the baseline to 40m, back to the baseline. Finally, from the baseline to 60m, and back to the baseline. This is one set. This set needs to be completed five times. The goal is to do all five sets as quickly as possible.
- *Note: Athletes will be expected to touch each line with their foot, as well as reach down and touch the line with their hand.*

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This Policy and Protocol document will be reviewed and updated after each Annual Talent Identification, Selection, and Program Cycle.