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.
- Test Procedure:
    - Markers are placed at the start line (0m), 20m, 40m, and 60m from the start
    - Participants begin on the baseline on the coach's signal
    - Run 20m to the first marker and return to the baseline
    - Run 40m to the second marker and return to the baseline
    - Run 60m to the third marker and return to the baseline
    - This is one set. Repeat this full sequence five times continuously with zero rest between sets (1200m total distance)
    - The foot must either touch or cross each line of markers at every turn
    - Total time is recorded after completion of all five sets

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