



**CAMBRIDGESHIRE
FIRE & RESCUE SERVICE**
Working together to improve community safety

Chester Treadmill Walking Test

To be employed by Cambridgeshire Fire and Rescue Service you are required to have a reasonable standard of physical fitness which is assessed using the Chester treadmill walking test which forms part of the assessments to become a firefighter.

The Chester treadmill walking test was designed specifically for Fire and Rescue Services by a Professor of Occupational Health & Fitness at the Centre for Exercise and Nutrition Science at Chester University.

The object of the test is to measure the Aerobic Capacity (Vo2 Max). Aerobic fitness is the ability to carry out activities in all aspects of your social and occupational life without causing undue fatigue.

This is a 12 minute progressive treadmill walking test to identify individuals who are capable (or not) of reaching the required fitness standard of 42 Vo2 Max.

A brisk paced walking test which requires you to use your leg muscles to climb gradually increasing gradients.

The treadmill pace is set at 6.2 km/hr (3.8 mph) and the incline at 0% for 2 minutes.

Every 2 minutes thereafter the gradient is increased by 3%.

Successful completion of the test requires you to walk unaided for a total time of 12 minutes with an increasing incline to 15%.

The test WILL be stopped by the occupational health test administrator if at any point THEY have concerns;

Stopping/being stopped before the 12 minutes is completed constitutes a failure.