

Sussex County FA Fitness Test Policy

1. The **Sussex County FA** Ltd shall give every Referee the opportunity to participate in a Fitness Test each year to:
 - a) Achieve the required standard to be eligible for FA and **Sussex County FA** Cup appointments.
 - b) Attempt to achieve the required standard to be awarded an FA Certificate.
 - c) Gauge their level of fitness in a controlled environment.
2. In the closed season a total of three **Sussex County FA** Fitness Tests shall be arranged, at two different venues, on two different days of the week with a minimum of four weeks between each Fitness Test, ensuring exclusive use of the track by **Sussex County FA** Ltd.
3. In agreement with Sussex County Fitness Co-ordinator the **Sussex County FA** office shall book the facilities including track and medical staff / equipment.
4. St John's Ambulance staff along with oxygen and a defibrillator shall be booked six weeks in advance of each Fitness Test.
5. The **Sussex County FA** office shall notify every Referee of the dates and venues individually.
6. The **Sussex County FA** office shall send all under eighteens a consent form.
7. Referees wishing to participate shall confirm their attendance directly with the County Fitness Co-ordinator. Any Referee wishing to change dates or sending apologies shall directly contact the County Fitness Co-ordinator.
8. Each Referee shall have a maximum of two attempts to pass the required standard.
9. Any Referee who after confirming their attendance does not turn up on the specified day or send apologies to the County Fitness Co-ordinator in advance shall be recorded as a failed attempt.
10. All Referees wishing to participate in the Fitness Test shall be expected to attempt one of the first two dates. Any Referee who does not attempt either of the first two dates shall be recorded as a failed attempt.
11. The third Fitness Test shall be exclusively for any Referee who has attempted the Fitness Test once and not passed and any Referee who has not yet attempted the Fitness Test.
12. Special dispensation will be considered on an individual basis to officials who can provide medical evidence (such as a Doctor's Certificate) of a long term injury covering the period within the Fitness Test dates.
13. Every Referee participating in a Fitness Test shall be required to sign a Consent form on the day. All under eighteens participating will be required to bring with them a form signed by their guardian. Failure to sign or bring a signed consent form will result in the individual be excluded from the Fitness Test on that day.
14. Any Referee taken ill during the Fitness Tests shall not be allowed to continue unless agreed by the medical staff on duty and the individual can still pass the whole Fitness Test. If a Referee does not complete the required distance due to illness, they shall not be allowed to participate in the sprints.
15. The County Fitness Co-ordinator shall be responsible for ensuring all the facilities are safe, including condition of the track, weather conditions, medical staff are in attendance with requested the equipment, ambulance gates open and provision of a mobile phone.
16. The County Fitness Co-ordinator shall ensure the appropriate number of assistants are present.
17. The County Fitness Co-ordinator and Assistants shall be entitled to claim travelling expenses at the **Sussex County FA** usual rates.
18. The County Fitness Co-ordinator shall keep a full record of the Fitness Tests.

This Policy has been adopted by the Sussex County FA Refereeing Working Group (Referees Committee) at their meeting held on 1st July 2016