

Fitness Testing Weather Regulations

A8.2.1. Snow: no snow accumulation on the running surface.

A8.2.2. Ice: no ice on the running surface that cannot be easily observed and avoided.

A8.2.3. Water: no standing water that a large group cannot easily avoid on the running surface.

A8.2.4. Mud: no mud on the running surface that cannot be easily avoided.

A8.2.5. Lightning: no lightning within 5 nautical miles (~6 miles) and wait at least 30 minutes after the last observed lightning.

A8.2.6. Rain: no significant rain. If assessing on a wet day (rain, mist or heavy dew), the temperature must be > 50 degrees F, including wind chill.

A8.2.7. Hail: no hail forecasted or reported within 25 miles.

A8.2.8. Shelter: establish a safe shelter procedure if there is any storm threat.

A8.2.9. Visibility: must be greater than $\frac{3}{4}$ mile if crossing or running beside vehicular traffic.

A8.2.10. Light: reflective belts/vests are required if running near traffic from 1 hour before sunset to 1 hour after sunrise.

A8.2.11. Intersections: crossing guards with reflective safety vests/lights must be positioned at all active intersections.63 AFI36-2905 1

A8.2.12. Medical: establish a method of communication/access for emergency medical services (e.g. cell phone, hand-held radio, etc. to call 911). If AEDs are available, recommend having them on-site during all portions of FA.

Safety is the number one concern. If during or after the test, the member experiences unusual shortness of breath, chest pain, dizziness or lightheadedness, or any other unusual symptoms, please notify FAC or FA administrator immediately.

Consult with base environmental engineering, base weather, or civilian agencies to determine environmental conditions:

A8.2.13. Wind Speed: max wind allowed \leq 15 mph sustained, \leq 20 mph gusting.

A8.2.14. Cold Stress: air temperature should be > 32 degrees F with wind \leq 10 MPH sustained, or air temperature > 40 degrees F with wind \leq 15 mph sustained, \leq 20 mph gusting.

A8.2.15. Heat Stress: Wet Bulb Globe Temperature (WBGT) should be < 85 degrees F; or Heat Index < 99 degrees when WBGT is not available.