



Ronin Personal Fitness Assessment

| | |
|--------|---------------|
| Name : | Vest Number : |
|--------|---------------|

Cardiovascular

2.4 Kilometre Run

| Time : | | | | | | | |
|--------|-------|-------|-------|-------|-------|-------|-------|
| Time | Point | Time | Point | Time | Point | Time | Point |
| 16.00 | 1 | 14.00 | 11 | 12.00 | 21 | 10.00 | 31 |
| 15.48 | 2 | 13.48 | 12 | 11.48 | 22 | 09.48 | 32 |
| 15.36 | 3 | 13.36 | 13 | 11.36 | 23 | 09.36 | 33 |
| 15.24 | 4 | 13.24 | 14 | 11.24 | 24 | 09.24 | 34 |
| 15.12 | 5 | 13.12 | 15 | 11.12 | 25 | 09.12 | 35 |
| 15.00 | 6 | 13.00 | 16 | 11.00 | 26 | 09.00 | 36 |
| 14.48 | 7 | 12.48 | 17 | 10.48 | 27 | 08.48 | 37 |
| 14.36 | 8 | 12.36 | 18 | 10.36 | 28 | 08.36 | 38 |
| 14.24 | 9 | 12.24 | 19 | 10.24 | 29 | 08.24 | 39 |
| 14.12 | 10 | 12.12 | 20 | 10.12 | 30 | 08.12 | 40 |

Power to Weight Ratio

| Pull Ups In One Minute | | Sit Ups In Two Minutes | | Push Ups In One Minute | | Shuttles Runs (10 x 25m) | |
|------------------------|--------|------------------------|-------------|------------------------|-------------|--------------------------|-------------|
| Done : | | Done : | | Done : | | Time : | |
| Minimum : 1 | | Minimum : 35 | | Minimum : 28 | | Minimum : 72 | |
| Amount | Points | Amount | Points | Amount | Points | Time | Points |
| 1 | 1 | 15 | Sub Minimum | 22 | Sub Minimum | 84 | Sub Minimum |
| 2 | 2 | 25 | Sub Minimum | 25 | Sub Minimum | 80 | Sub Minimum |
| 3 | 3 | 35 | 3 | 28 | 3 | 76 | Sub Minimum |
| 4 | 4 | 45 | 4 | 31 | 4 | 72 | 4 |
| 5 | 5 | 50 | 5 | 34 | 5 | 68 | 5 |
| 7 | 6 | 55 | 6 | 37 | 6 | 66 | 6 |
| 8 | 7 | 65 | 7 | 40 | 7 | 64 | 7 |
| 9 | 8 | 75 | 8 | 43 | 8 | 62 | 8 |
| 11 | 9 | 80 | 9 | 45 | 9 | 60 | 9 |
| 13 | 10 | 85 | 10 | 47 | 10 | 57 | 10 |
| 15 | 11 | 95 | 11 | 50 | 11 | 56 | 11 |
| 16 | 12 | 100 | 12 | 53 | 12 | 54 | 12 |
| 17 | 13 | 105 | 13 | 56 | 13 | 52 | 13 |
| 18 | 14 | 115 | 14 | 59 | 14 | 49 | 14 |
| 19 | 15 | 125 | 15 | 62 | 15 | 48 | 15 |

| Swim 25m in 30 seconds | Time | | Sub Minima Achieved | Yes | No | Total Personal Fitness Index | |
|------------------------|------|----|---------------------|-----|----|------------------------------|--|
| | Yes | No | | | | | |

Assessor Signature : _____ Date : _____

Student Signature : _____

Result: 0% – 19% Unsafe - Not permitted to attend CP Course; 20 % 29% Will not graduate;
30% - 39% Team Operator; 40% - 49% Independent Operator & 50% & above = Team Leader



ELCAS Learning Provider (1603)
South African Police CFCR Accreditation (300027)
City & Guilds Approved Close Protection Course (843292)
PSIRA (SA) Accredited Close Protection Course (T936)
PSIRA Registered Security Service Provider (230326)
SASSETA Accredited Training Provider (0419 5941 2547)
Member of the American Society for Law Enforcement Training

Established in 1995
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