

TOOL 8

WELCOME SCRIPT

1. Welcome to your FORCE Evaluation.
2. In the event of an emergency, we will use this exit to safely evacuate the building.
NOTE: It is the responsibility of all Qualified FORCE Evaluators to be familiar with their facilities' Emergency Action Plan.
3. If you have any injuries, please inform an evaluator before you begin your FORCE Evaluation.
4. If you need to use the restroom during your Evaluation, please inform an evaluator so they are aware.
5. The FORCE Evaluation is made up of four tasks:
 - a. 20 m Rushes
 - b. Sandbag Lift
 - c. Intermittent Loaded Shuttles
 - d. Sandbag Drag
6. You must complete the Evaluation in the order just mentioned, starting with the 20 metre Rushes.
7. FORMeFIT users ONLY: As soon as you finish a task, we will ask you to point to your Rate of Perceived Exertion (RPE) on the **Borg Scale** (6–20). This reflects how hard you feel you worked on that specific task.
8. A task is terminated when one of the following scenarios occurs:
 - a. You successfully complete the task.
 - b. You choose not to continue. Reasons for this could be fatigue, pain, injury, etc.
 - c. Your evaluator becomes concerned for your safety due to immediate signs of serious distress.

9. Upon completion of the FORCE Evaluation you will have a Fitness Profile which demonstrates your operational and health-related fitness (show graph). Your result on each component of the FORCE Evaluation makes up your Operational Fitness score, which moves you up and down on the graph. Your Health-Related Fitness score is made up of your waist circumference and your predicted aerobic capacity, which moves you left and right on the graph. Your aerobic capacity is calculated based on your times on each component of the FORCE Evaluation, your age, gender, and body composition. There are five general areas of the Fitness Profile that you can be plotted into based on your results:
 - a. Incentive Level – (Bronze, Silver, Gold, Platinum)
 - b. Green – Met Standard and high level of Health-Related Fitness
 - c. Yellow – Met Standard and marginal level of Health-Related Fitness
 - d. Orange – Met Standard and low level of Health-Related Fitness
 - e. Red – Did Not Meet Standard
10. To get your best over all score on the Fitness Profile, maximal effort on all four tasks is required in order to accurately predict your aerobic capacity.
11. Non-FORMeFIT users can access the Fitness Profile Calculator at www.cfmws.com/FORCEprogram.