



ADDENDUM – NPUA Fitness Policy – 2024–25 Season

The NPUA Executive Committee have once again reviewed the fitness policy for 2024–25. This document reinforces the changes that were initially made prior to the 2020–21 season in order to continue to provide the membership with a safe and convenient way to complete fitness testing this year.

The original changes were introduced on a trial basis for 2021–22 and have since been reviewed.

In addition, the NPUA Executive Committee continues to reserve the right to make further changes to the fitness policy and to this addendum to ensure that we, as an association, comply with any new, or revised guidance.

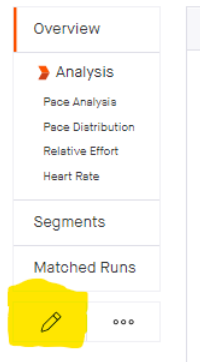
The key aspects of the fitness policy to take note of are:

- **Testing Window** – members will be able to complete their fitness test **between 1st July – 18th August 2024. Without a successful fitness test, you will not be considered for appointments to matches within the 2024–25 season.**
- **Testing Options** – members can now choose to complete their fitness test in one of the following three ways:
 1. Attend a NPUA organised test event. **You will be notified of the arrangements of when and where they will take place in due course.**
 2. Arrange your own Yo–Yo, Beep or Cooper test, which is observed by a pre–approved NPUA watcher. **The process for this is detailed in the main fitness policy.**
 3. Arrange your own Cooper test, without a NPUA approved watcher, but the test is recorded by NPUA using the free version of the fitness app, Strava (which is available on both the Apple and Android app stores):
 - Having created an account (you can either create a new account or login using existing Facebook, Google or Apple account credentials), members apply to be added to the existing “NPUA” group on Strava – <https://www.strava.com/clubs/639377>
 - Members then complete a Cooper Test and upload the results automatically via their smartphones / smartwatches. That can be configured to happen automatically (by going into ‘Profile – Settings – Applications, Services and Devices’ on Strava) and we’d suggest that the title of the activity be amended to read “NPUA Fitness Test 2024–25”
 - **Only the Cooper test can be completed using this test method.**
 - All self–certified test results will be checked to ensure that the test was completed by running/walking without rest breaks (so Elapsed Time = Moving Time).

All other aspects of the fitness policy remain unchanged and any queries relating to the fitness policy or this addendum should be directed to AJ Small ajsmallnz@gmail.com

Tips on Uploading Cooper Test Results to NPUA Strava Group

1. When you first upload an activity to Strava your activity is given a default title like “Morning/Afternoon/Evening Run”. This should be edited via the Strava interface. On a PC this can be done by clicking on the pencil icon on the LHS of the activity:



while on the app you would tap to go into the activity, tap on the three buttons that appear at the top-right corner and then choose “Edit”

2. This brings up a menu where we can edit the name of the activity and you can add other comments if you so wish. The title should be amended to read “NPUA Fitness Test 2024–25”:

Edit Activity

Title
Evening Run

Description
How did it go? Were you tired or rested? How was the weather?

Perceived Exertion
How did that activity feel?
Easy Moderate Max Effort
 Use instead of heart rate

What is Perceived Exertion?
Perceived Exertion is how hard your workout felt overall. Add it to your activities to track how your body is responding to your training. Perceived Exertion can also be used in place of heart rate data with subscription features, so you can better understand how your fitness is trending over time.

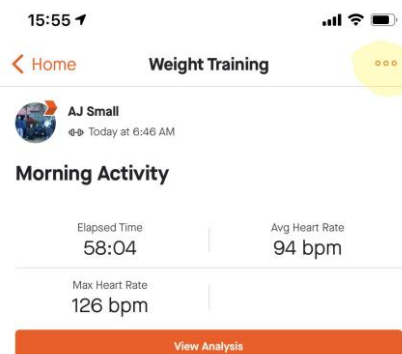
Sport
Run

Run Type
[Dropdown]

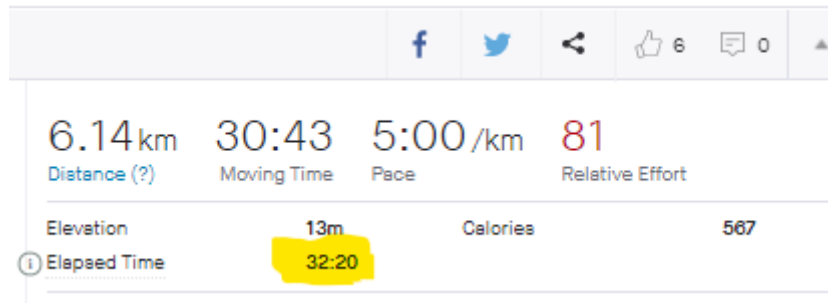
Tags
Commute Treadmill

Shoes
[Dropdown]
[+ New Shoes](#)

On an iphone edit an activity can be done using the 3 dots in the top Right Hand corner



In terms of timing the critical time to look at on your activity is the Elapsed Time. This is NOT the headline time that is displayed on the activity in the activity feed, as that is the Moving Time for a normal run. This time has removed anytime where you have stood stationary for any period. For the Cooper test we need to look at the Elapsed time. When in the activity detail this can be seen in there as per below:



For the above activity the Elapsed Time is 32:20 and the moving time/headline time is 30:43. You can force the Elapsed Time to equal Moving time by changing the Run Type to be “Race”. Once again, this can be done in the ‘Edit Activity’ menu.

3. For the Cooper test, the required distance needs to be achieved in an Elapsed Time that is no greater than 12 minutes. If your elapsed time is over 12 minutes then you can choose to “Crop” (again, in the ‘Edit Activity’ menu) the activity to bring the elapsed time back down to 12 minutes. Strava will remove any time, and associated distance completed, over the 12 minutes.
4. In order to validate the activity submissions the NPUA Strava Test Administrators need to access the activity details so they can validate the result. For this to happen you can either have your Privacy for activities set to “Public” or if you set it to “Followers” then you need to allow at least one of the NPUA Strava Test Administrators to follow you.
5. **Please note:**
 - a. **Any test showing the required distance not being achieved within 12 minutes, or any test that isn’t cropped and the required distance is achieved in an elapsed time that is over 12 minutes, is considered a failed test.**
 - b. **If the activity is not renamed then it will not be used as your Fitness Test result.**
 - c. **There is NO need to post a screenshot in the NPUA Strava Club feed.** The main club feed is checked regularly (at least once, if not twice, a day).