

OSC151

## **Fitness test**

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<b>Duration</b>	30 min
<b>Target group</b>	Delegates on HLO and Search and Rescue Team courses.
<b>Prerequisites</b>	Valid health certificate confirming the delegates suitability to test their fitness in accordance to their function as a smoke diver.
<b>Objective</b>	N/A
<b>Contents</b>	Fitness test alt. 1 according to point 7.1.3.1 in the guidelines from Norwegian Oil and Gas.
<b>Exam</b>	N/A

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