

Appendix D – Cooper Test

Cooper's 12-min run test is a maximal test performed on a flat measured running surface. The CSA and SSA standards for the Cooper fitness test and how to administer the test are written below:

Procedure:

1. Have the group or individual referees warm up
2. Start the clock and have the referees run as far as they can within 12 minutes on a 200 or 400 meter track.
3. The fitness supervisor will note how far each referee ran and enter the distance in meters
4. After the 12 minute run give the referees the required rest and set up the track for the sprints (50 & 200m).
5. Measure out 50m and 200 m and mark with cones. For the 50m the referees should have a 1.5 m lead in from the start of the 50 m before the time starts.
6. Referees need to do minimum of 2 x 50m and 2 x 200m sprints.
7. Each referee should perform the sprints one at a time.
8. The whole test needs to be completed within a 2 hour time span maximum

12 Minute	50 Metres	200 Metres	50 Metres	200 Metres