



**Óglaigh
na hÉireann**
IRISH DEFENCE FORCES

DFTC Fitness Testing Dates - 2021

Testing for Essential purposes ONLY - Overseas qualification, Selected for Course.

15 April Part 1 & 2

16 April Part 3

More dates coming soon

Part 1 & 2 will commence on advertised Thursdays at the Air Corps Fitness Centre at 0900, Part 3 will commence on advertised Fridays at 0900.

All necessary health guidelines and safety precautions will be adhered to so please allow more time than usual to conduct testing.

Personnel are required to have their issued face mask in possession and it is requested to arrive for the testing changed and in PT gear (Parts 1 and 2)

Units should not detail personnel unfit to perform test due to chronic or short term injury/illness should NOT be detailed to present on testing days

Personnel must book in for their test at least 24 hours beforehand by calling DFPEs. Personnel should be certified 'FIT' on PMS to undergo test, this can be done on the days prior to the test. Personnel NOT certified by Unit Admin Officer up to 30 min prior to test registration time will not be tested.

DF Internal Communications Team.



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THE NATION**