



## Functional Fitness MOT

### Equipment/Venue required for an event/activity



The amount of equipment required will, of course, depend upon the number of participants you are planning to work with. With groups, you will require sufficient to avoid too many delays/bottle necks.

Equipment	Which test/tests is this for?
Weight scales	Weight
Height measure	Height
Stopwatch (can use phone)	6 Minute Walk (timing), 30 Second Chair Rise, 8 Foot Timed Up & Go, One Leg Balance
Click Counter	6 Minute Walk (to measure laps)
Handgrip dynamometer	Handgrip Strength
Tape Measure (long)	6 Minute Walk (route), 8 Foot Timed Up & Go (route)
Bollard (or traffic cone)	8 Foot Timed Up & Go (to walk around)
Small floor cones (minimum 4)	6 Minute Walk (route)
Stable chairs with no arms (minimum 4)	8 Foot Timed Up & Go, Chair Sit & Reach, One Leg Balance, 30 Second Chair Rise
Hard long wooden ruler	Back Scratch, Chair Sit & Reach
Weight/Height conversion chart	(meters to feet and inches/kilogrammes to stones/lbs)*
Copies of the FFMOT handout	Enough for each participant to keep one
FFMOT badges	Optional
Tea/Coffee/Water/Biscuits	Optional but recommended!

\* can be downloaded from LLT FFMOT webpages

Key Venue Details
Ensure that the floor surface is safe (flat, non-slippery and 'vision friendly')
Quiet area for discussion after tests
Plenty of seating in case there is a queue!
Easily accessible