

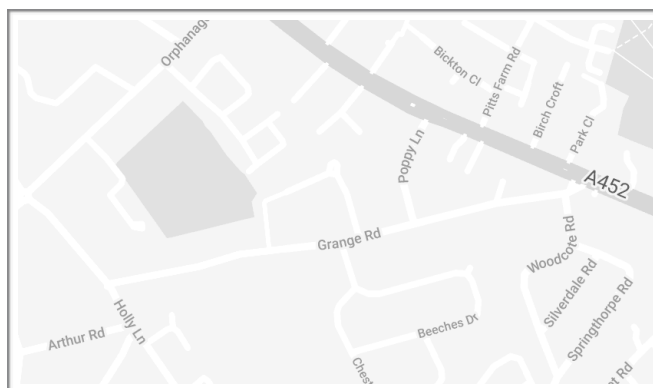
# Your Performance Testing - What to expect

Thank you for booking your performance testing with Box Nutrition. Please read the following which explains what to expect during your visit.



## Finding Box Nutrition

We are situated within the 19 Grange Road, Birmingham, B24 0DG, unless you have opted for a mobile test or different location. We are located near to Wylde Green and just off the Chester Road (A452).



Please park on the drive if there is space or if you park on the road, please refrain from parking on the grass as you may be issued a ticket. If you can give me a call when you get here and I will show you through the side of the property (+44)7860945336.

Before any testing, we will have a 15mins consultation. This is just a quick chat to get to know you, understand your goals and go through what to expect during testing. After your consultation, your metabolic testing will be conducted.

## Testing Protocol

1. Please refrain from eating for 7hrs prior to your test. This means no breakfast before a morning measure or no lunch before an evening measure
2. Please try and refrain from caffeine, alcohol or nicotine, 12 hrs prior to testing
3. If you are having a VO2 test then please wear appropriate clothes to exercise/ride a bike. If you have cycling shoes feel free to bring those along. If you are only having an RMR test then you can wear whatever you like.
4. Heavy exercise within 36hrs is not advised as heavy training recovery can effect results
5. The test will be carried out by appropriately qualified personnel
6. You will be asked to complete a medical information and informed consent form prior to the test.
7. If there are any doubts about the your medical history a doctor must be consulted prior to the test
8. The test will be fully explained to the you before you start
9. If you experience any adverse symptoms during the test it will be stopped immediately
10. The tests are not suitable for children and young adults under 18

### Medical Warning

The VO2 tests we conduct assume a high level of basic fitness and should not be used with beginners (unless the specific test is appropriate) or if you are ill or injured. If we are in doubt we may ask you to consult your Doctor before for approval before undertaking a VO2 test.

Once the test has been completed, you will be provided with your analysis within 48hrs.

## COVID SECURE

I want to assure you that Box Nutrition has been and will take preventative measures to keep clients safe and mitigate any spread of COVID-19.

This includes: -

1. Upon arrival, you will be required to have your temperatures taken *before* entering the building. Unfortunately, if you have a high temperature, a symptom of coronavirus, will need to leave the site immediately and will not be able to book for at least 14 days after seeking medical advice.
2. Hand sanitiser is available upon entering the building
3. Equipment is sanitised between clients using a Chlorhexidine Gluconate solution
4. Touch points will be cleaned on a regular basis alongside normal cleaning regime. Disinfectant based product used in line with COSHH assessment and correct PPE will be worn accordingly. Disposable gloves will be used to reduce any possible transmission.
5. Please do not attend if you are displaying possible signs of COVID-19 or if they should be self-isolating under current government guidelines.
6. In order to reduce the risk of the spread of Coronavirus infections, basic preventative measures are advised for clients, including respiratory etiquette; frequent careful handwashing; avoiding touching one's eyes, mouth and nose; sanitary disposal of oral and nasal discharges as well as avoiding contact with sick people. (European Centre for Disease Prevention and Control).
7. As well as spreading appointment times out, between each client we will allow a MINIMUM of 15 minutes to deep clean all surfaces using virucidal disinfectant and change the necessary PPE

For more information or if you have any questions please email us at [info@boxnutrition.co.uk](mailto:info@boxnutrition.co.uk)