

OFFICE USE ONLY
Date Received: _____

MotorSport NZ Inc  
 MotorSport House  
 69 Hutt Road  
 Thorndon, Wellington 6035  
 PO Box 3793  
 Wellington  
 Ph: 04 815 8015  
 Fax: 04 472 9011  
 Email: Licence@motorsport.org.nz

## JUNIOR DRIVER PHYSICAL FITNESS APPRAISAL FORM

*Note: Required as a prerequisite for all Junior Drivers (a person aged from the date of their 12<sup>th</sup> birthday up until their 16<sup>th</sup> birthday) applying for their first issue of an **M Grade Licence**.*

**SECTION1: To be completed by the Applicant**

<b>Surname:</b> .....	<b>First Names:</b> .....
<b>Address:</b> .....	
<b>Post Code:</b> .....	
<b>Date of Birth:</b> .....	<b>MotorSport NZ Competition Licence No:</b> .....
<i>(If applicable)</i>	

**SECTION 2: To be completed by Physical Fitness Trainer/Secondary College Physical Education Teacher**

**Information:**

*MotorSport New Zealand Inc seeks your appraisal of the applicant based on the following background information.*

*A competitor in a motorsport event does require a certain level of physical fitness prowess to control a motor vehicle in a competitive sport. Research both internationally and nationally indicates that to achieve this, a person requires;*

- *Good quads – for the strength required to maintain heavy braking pressures.*
- *Good cardiovascular performance – similar to that of competitive runners and cyclists of similar ages.*
- *Hand and arm strength – for controlling the steering wheel at competition race speeds, and*
- *Handling temperature as the inside of a race car is generally similar to a hot day in desert like conditions.*

*Obviously a lot of these attributes will build up as age and competitive training ensures. So for the basic start point we are looking for a 12 to 16 year old to be able to score at least Level 5.0 on the standard Beep Test.*

*We understand that not all will, due to an injury or physical attributes, find a Beep Test possible so the way is clear to appraise these persons with a similar rate of overall fitness from (for example) a bike or rowing machine test. (For details of the beep test go to <http://www.thebeepetest.com>).*

*It is also understood that this appraisal is just that as the ultimate responsibility always remains with that of the applicant to demonstrate their ability to control a motor vehicle at speed.*

*We thank you for your assistance in this matter.  
MotorSport New Zealand Inc*

**PLEASE PRINT CLEARLY**

<b>Surname:</b> .....	<b>First Name:</b> .....
<b>Position / Job Title:</b> .....	
<small>(eg: Physical Fitness Trainer, Physical Education Teacher etc)</small>	
<b>(Self)/Employed:</b> .....	
<small>(Name of business or Secondary College)</small>	
<i>I have appraised the above named person and advise that they have:</i>	
a) Completed a Beep Test with a result of:    Level: .....    Shuttles: .....	
b) Undertaken an alternative test of: ..... which in my opinion demonstrates a similar level of fitness.	
<b>Signed:</b> .....	<b>Dated:</b> .....

**SECTION 3 – To be completed by Applicant**

I CERTIFY that the statements made regarding my current physical fitness levels are true and accurate.

**Signed:** ..... **Dated:** .....  
*[Signature of Applicant]*