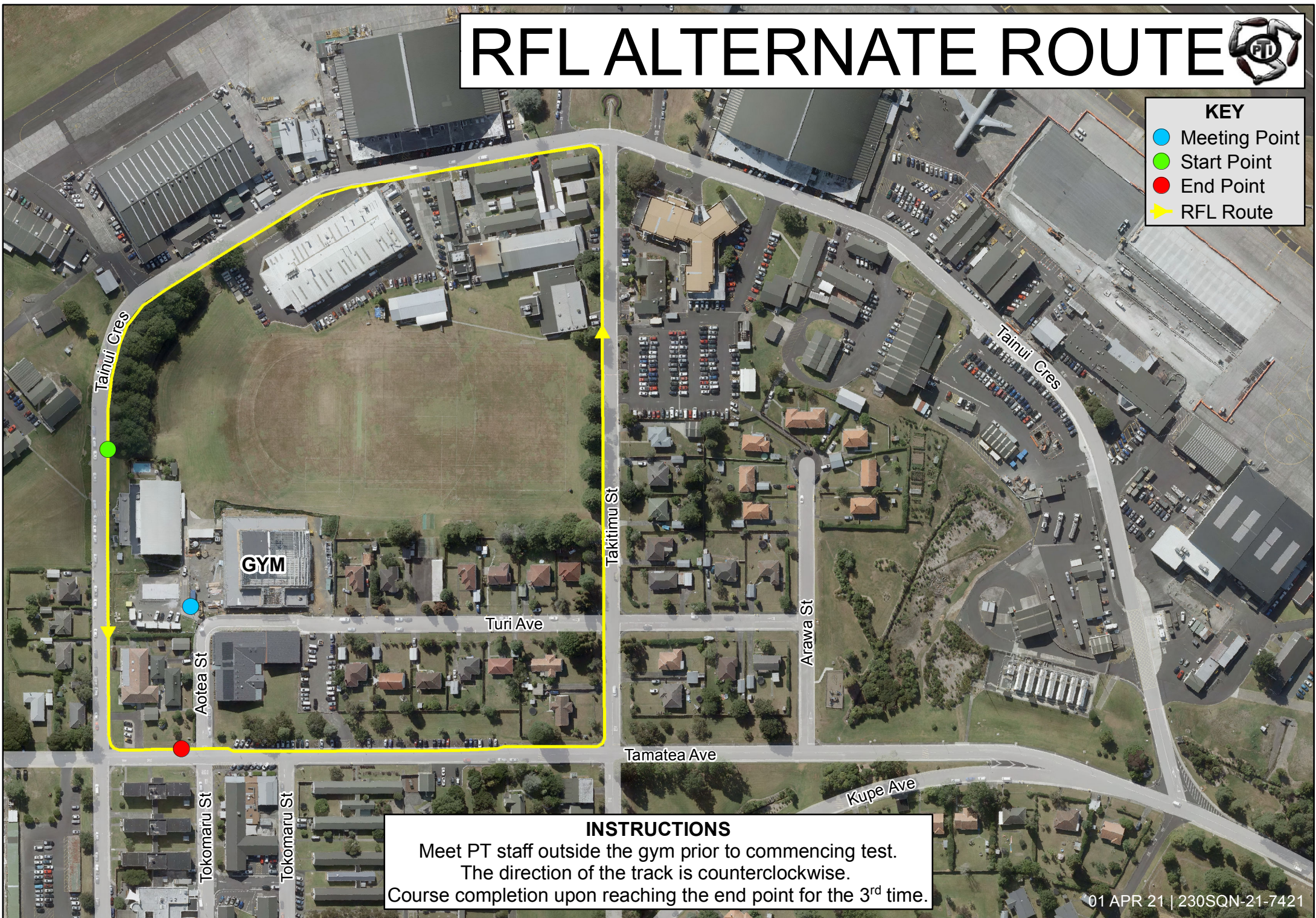


# RFL ALTERNATE ROUTE



- KEY**
- Meeting Point
  - Start Point
  - End Point
  - RFL Route



**INSTRUCTIONS**  
Meet PT staff outside the gym prior to commencing test.  
The direction of the track is counterclockwise.  
Course completion upon reaching the end point for the 3<sup>rd</sup> time.