

16.November 2010

To whom it may concern

Working on fire fighter fitness testing since 1986, I met Mr. Lars Osterlund in the mid 1990s when organising an international symposium for fire fighter fitness testing and training to be held at the NATO E-3A HQ in Germany.

Mr. Osterlund's knowledge as well as his presentation on the accurate determination of cardiovascular capacity was impressive, thus convincing NATO officials to follow his advise on how to test their fire fighters fitness level.

Ever since Mr. Osterlund's experience, expertise and teaching skills are an indispensable asset to my own efforts promoting a reliable and accurate fire fighter test and training programme not only in Germany but also in other parts of the world.

Sincerely,

Dieter Schmidt