

FUNfitness				
Overall Equipment and Supplies Totals				
Standard Supply Item	Quantity Advised	Available From	Funding Source	Recommendations/ Comments
Banners - FUNfitness	1-4*	Local printing	Healthy Athletes Grant	*Minimum required to have 1 at discipline entrance; Additional 2-3 may also be included as optional signage throughout the venue For all banners, please ensure proper branding, including any appropriate sponsors See FUNfitness branding resources page
FUNfitness Station Signs	1 per station/sub-station	Local Printing	Healthy Athletes Grant	Minimum of 6 and up to 8 total to be used to indicate screening flow & where athletes should go next (see each station for specifics) Utilize Discipline logos as needed to supplement signage See FUNfitness branding resources page
HAS Form (if not using tablets)	1/athlete	Local Printing	Healthy Athletes Grant	Used to record data for the athlete through each station Document found on HAS resources page
Pens/Pencils (if no tablets)	40	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used to fill out paper HAS forms if tablets are not being used
Clipboards (if no tablets)	40	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used to fill out paper HAS forms if tablets are not being used
FUNfitness Clinical Protocol Guide	6	Local Printing	Healthy Athletes Grant	Provides support to volunteers on testing procedures, follow up recommendation guidelines and how to complete the HAS form accordingly Each guide can be split up so that each station only has the procedures/guidelines specific to that station *total qty includes 1-2 master copies (i.e. for CD) Document found on FUNfitness resources page
O2 Saturation Decision Tree	4	Local Printing	Healthy Athletes Grant	Provides support to volunteers on decision making to proceed with aerobic fitness testing based on athlete O2 saturation and HR Document found on FUNfitness resources page
Hand Grip Reference Sheet	4	Local Printing	Healthy Athletes Grant	Gives age predicted percentile ranges for general reference of hand grip strength Document found on FUNfitness resources page
Athlete Education Handouts	1/athlete	Local Printing	Healthy Athletes Grant	Handout for athletes to take home to help guide continuation of exercises Document found on FUNfitness resources page
Athlete Scorecard/Passport	1/athlete	Local Printing	Healthy Athletes Grant	Resource to provide athletes with summarized results e of screening, including referrals if appropriate Document found on FUNfitness resources page
Stapler	2	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used compile all education material for athlete
Staples	1/athlete	Local store/Online (e.g. amazon)	Healthy Athletes Grant	
Straight Back Chairs	70	Rental or Venue Provided	Healthy Athletes Grant	Stable straight back chairs for waiting area and throughout each station * Note: QTY includes option to use chairs with arms can be for non-ambulatory testing in the Strength station (instead of push up blocks)
Tables (183cm/6ft)	10	Rental or Venue Provided	Healthy Athletes Grant	Used in all stations for athlete/volunteer interactions or supply storage
Table Cloths	10	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used to cover tables throughout stations
Trash Bags	9	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Clean up and dispose of waste during screenings
Storage Box	6	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used to store equipment in stations 2-5, blank/completed paper HAS forms, and athlete handouts such as educational materials, health reports, etc.

Hand Sanitizer	14 (~1-2 per station/sub-station)	Henry Schein* Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used for hand hygiene between volunteers and athletes <i>*Henry Schein available for Programs in US, Jamaica, Canada, and Germany</i>
Disinfectant Wipes	10	Henry Schein* Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used to clean testing sites and equipment between athletes <i>*QTY based on ~150/container</i> <i>*Henry Schein available for Programs in US, Jamaica, Canada, and Germany</i>
Mats	12	Performance Health Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used for Flexibility, Strength and Education testing sites <i>*QTY represents use of roll up yoga mats</i> <i>Trifold mats (PH Item #081041714) may be used as alternative</i> <i>(1 trifold mats = ~ 2 yoga mats)</i>
Paper or Round Tape Measures	18	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used for Flexibility testing, Aerobic Fitness testing & alternative/non-ambulatory dynamic balance testing
Retractable Tape Measures	2	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used for setting up balance & aerobic fitness testing
Tape	4 rolls	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Masking, painters, or electric tape that is easily visible/removable Used to mark distances and testing set up for various stations
Hand Grip Dynamometers	4	Performance Health Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used for Strength station (PH Item number: - # 563215)
Stopwatches	12	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used for Strength, Balance, Aerobic Fitness stations
Cones	6	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used in Balance & Aerobic fitness station to mark distances testing <i>(tape can be used if unavailable)</i>
Pulse Oximeter	4	Henry Schein* Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used for Aerobic Fitness station <i>*Henry Schein available for Programs in US, Jamaica, Canada, and Germany</i>
Level 2 Resistance Band (latex free)	2 rolls per 100 athletes	Performance Health Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used to support home exercises provided during education (PH Catalog #561316 & # 561317 respectively) <i>*QTY based on using 50 yd roll</i>
Level 3 Resistance Band (latex free)	2 rolls per 100 athletes	Performance Health Local store/Online (e.g. amazon)	Healthy Athletes Grant	
Athlete Educational Giveaway Item	1/athlete	Local Donations Local Store/Online (e.g. amazon)	Healthy Athletes Grant	<i>Examples include but are not limited to:</i> <i>water bottles, stretch straps, squeeze balls, resistance bands, etc.</i>
Scissors	4	Local store/Online (e.g. amazon)	Healthy Athletes Grant	For set up & during event for resistance band cutting for athlete education
Markers/Stickers	4 markers or 1 sticker/athlete	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used to mark athlete completion of FUNfitness
Name Badges for Volunteers	1/volunteer	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Identify volunteers, CD's and Program staff
Zip-ties or String	1 box or roll	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used for to secure equipment/signage during set up
Packing Tape	1 roll	Local store/Online (e.g. amazon)	Healthy Athletes Grant	To pack boxes as needed post event
OPTIONAL				
Blindfolds	4	Local store/Online (e.g. amazon)	Healthy Athletes Grant	OPTIONAL: Used for balance testing if the athlete is unable to close their eyes
Push Up Blocks	2	Local store/Online (e.g. amazon)	Healthy Athletes Grant	OPTIONAL: Used for alternative/non-ambulatory testing in Strength station. <i>Only needed if unable to obtain chairs with arms</i>
Tally Counters	8	Local store/Online (e.g. amazon)	Healthy Athletes Grant	OPTIONAL: Used to count athlete reps during strength and aerobic fitness testing
Mat Table	1	Performance Health Local store/Online (e.g. amazon)	Healthy Athletes Grant	OPTIONAL: Can be used during Flexibility station for inclusive testing of athletes who are unable to get onto the ground

Partitions	10-Jun	Local store/Online (e.g. amazon)	Healthy Athletes Grant	OPTIONAL: Used for testing if walls in venue not available at stations 2, 4 and 5 : <i>* Note : Station 2 needs floor to wall connection to be flush to the ground (e.g. no baseboard). If unavailable, use partitions that touch the floor, table legs, stacked boxes, etc., for ankle testing. These can also be used to separate stations if needed.</i>
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Equipment and Supplies Needs by Station

Station 1: Check In

Standard Supply Item	Quantity Advised	Available From	Funding Source	Recommendations/ Comments
"Station 1: Check In" Sign	1	Local Printing	Healthy Athletes Grant	Used to indicate screening flow & where athlete's should start Utilize Discipline logos as needed to supplement signage See FUNfitness branding resources page
HAS Form (if not using tablets)	1/athlete	Local Printing	Healthy Athletes Grant	Used to record data for athlete through each station. <i>Note: HAS form is started at this station and then the same form is used throughout the screening</i> Document found on FUNfitness resources page
Pens/Pencils (if no tablets)	16	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used to fill out paper HAS forms if tablets are not being used
Clipboards (if no tablets)	40	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used to fill out paper HAS forms if tablets are not being used
FUNfitness Clinical Protocol Guide	1	Local Printing	Healthy Athletes Grant	Gives instructions for volunteers on how to complete HAS form at this station* *only need pages 2-3 describing Station 1 Document found on FUNfitness resources page
Straight Back Chairs	4	Rental or Venue Provided	Healthy Athletes Grant	Stable straight back chairs for athletes & volunteers during interaction
Tables (183cm/6ft)	2-Jan	Rental or Venue Provided	Healthy Athletes Grant	Utilized for athlete/volunteer interaction
Table Cloths	2-Jan	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used to cover tables
Trash Bags	1	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Clean up and dispose of waste during screenings
Storage Box	1	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used to store blank paper HAS forms
Hand Sanitizer	1	Henry Schein* Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used for hand hygiene between volunteers and athletes <i>*Henry Schein available for Programs in US, Jamaica, Canada, and Germany</i>
Disinfectant Wipes	1	Henry Schein* Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used to wipe down supplies & tables after athlete interactions <i>*Henry Schein available for Programs in US, Jamaica, Canada, and Germany</i>

Station 2: Flexibility

Standard Supply Item	Quantity Advised	Available From	Funding Source	Recommendations/ Comments
"Station 2: Flexibility" Sign	1	Local Printing	Healthy Athletes Grant	Used to indicate screening flow & where athletes should go next Utilize Discipline logos as needed to supplement signage See FUNfitness branding resources page
Pens/Pencils (if no tablets)	4	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used to fill out paper HAS forms if tablets are not being used
FUNfitness Clinical Protocol Guide	2	Local Printing	Healthy Athletes Grant	Provides support to volunteers for testing guidelines and how to complete HAS form *only need pages 3-6 describing Station 2 tests Document found on FUNfitness resources page
Straight Back Chairs	4	Rental or Venue Provided	Healthy Athletes Grant	Stable straight back chairs for waiting area and throughout each station
Tables (183cm/6ft)	1	Rental or Venue Provided	Healthy Athletes Grant	Utilized for supply/equipment storage

Table Cloths	1	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used to cover tables
Paper or Round Tape Measures	8 - 10 (~2 per test site)	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used for flexibility testing measurement and goal distances
Tape	1 roll	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Masking, painters, or electric tape that is easily visible/removable Used to mark testing distances for flexibility tests
Mat Table	1	Performance Health Local store/Online (e.g. amazon)	Healthy Athletes Grant	OPTIONAL: Used as an alternative testing location for flexibility testing if athletes are unable to sit on ground
Partitions	2	Local store/Online (e.g. amazon)	Healthy Athletes Grant	OPTIONAL: Used for testing if walls in venue not available *Should be used for this station if floor to wall connection is NOT flush
Trash Bags	1	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Clean up and dispose of waste during screenings
Storage Box	2	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used to store equipment for clinical stations *Note: these 2 boxes of total should be shared between stations 2-5 to store equipment as needed
Hand Sanitizer	2 bottles	Henry Schein* Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used for hand hygiene between volunteers and athletes *Henry Schein available for Programs in US, Jamaica, Canada, and Germany
Disinfectant Wipes	1 container	Henry Schein* Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used to clean testing sites and equipment between athletes *Henry Schein available for Programs in US, Jamaica, Canada, and Germany
Mats	4	Performance Health Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used for athlete to sit on while completing testing *QTY represents use of roll up yoga mats
Station 3: Strength				
Standard Supply Item	Quantity Advised	Available From	Funding Source	Recommendations/ Comments
"Station 3: Strength" Sign	1	Local Printing	Healthy Athletes Grant	Used to indicate screening flow & where athletes should go next Utilize Discipline logos as needed to supplement signage See FUNfitness branding resources page
Pens/Pencils (if no tablets)	4	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used to fill out paper HAS forms if tablets are not being used
FUNfitness Clinical Protocol Guide	2	Local Printing	Healthy Athletes Grant	Provides support to volunteers for testing guidelines and how to complete HAS form *only need pages 7-10 describing Station 3 tests Document found on FUNfitness resources page
Hand Grip Reference Sheet	4	Local Printing	Healthy Athletes Grant	Gives age predicted percentile ranges as a reference for volunteers when making clinical decisions on recommending follow up Document found on FUNfitness resources page
Straight Back Chairs	4	Rental or Venue Provided	Healthy Athletes Grant	Stable straight back chairs for testing
Tables (183cm/6ft)	1	Rental or Venue Provided	Healthy Athletes Grant	Utilized for supply/equipment storage
Table Cloths	1	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used to cover tables
Stopwatches	4	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used for strength testing measurement
Mats	4	Performance Health Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used for athlete to complete strength testing on *QTY represents use of roll up yoga mats, but Trifold mats (PH Item #081041714) may be used as alternative (1 trifold = ~2 yoga mats)
Hand Grip Dynamometers	4	Performance Health Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used for strength station testing *PH catalog number: - # 563215
Push Up Blocks	2	Local store/Online (e.g. amazon)	Healthy Athletes Grant	OPTIONAL: Used for alternative/non-ambulatory testing
Tally Counters	4	Local store/Online (e.g. amazon)	Healthy Athletes Grant	OPTIONAL: Used to count athlete reps during strength and aerobic fitness testing

Hand Sanitizer	2 bottles	Henry Schein* Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used for hand hygiene between volunteers and athletes <i>*Henry Schein available for Programs in US, Jamaica, Canada, and Germany</i>
Disinfectant Wipes	1 container	Henry Schein* Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used to clean testing sites and equipment between athletes <i>*Henry Schein available for Programs in US, Jamaica, Canada, and Germany</i>
Trash Bags	1	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Clean up and dispose of waste during screenings
Storage Box	0	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Equipment for this station should be stored in shared boxes for stations 2-5 (See count in Station 2 above)

Station 4: Balance

Standard Supply Item	Quantity Advised	Available From	Funding Source	Recommendations/ Comments
"Station 4: Balance" Sign	1	Local Printing	Healthy Athletes Grant	Used to indicate screening flow & where athletes should go next Utilize Discipline logos as needed to supplement signage See FUNfitness branding resources page
Pens/Pencils (if no tablets)	4	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used to fill out paper HAS forms if tablets are not being used
FUNfitness Clinical Protocol Guide	2	Local Printing	Healthy Athletes Grant	Provides support to volunteers for testing guidelines and how to complete HAS form *only need pages 11 - 15 describing Station 4 tests Document found on FUNfitness resources page
Straight Back Chairs	4	Rental or Venue Provided	Healthy Athletes Grant	Stable straight back chairs for athlete testing and stabilization
Tables (183cm/6ft)	1	Rental or Venue Provided	Healthy Athletes Grant	Utilized for supply/equipment storage
Table Cloths	1	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used to cover tables
Paper or Round Tape Measures	2-Jan	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used for non-ambulatory/alternative balance testing set up & measurement
Retractable Tape Measures	1	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used to set up dynamic balance testing
Cones or Tape	4 cones or 1 roll	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used in to mark distance for TUG testing (Cones are preferred, but tape that is easily visible/removeable(e.g., making, painters or electric tape) can be used if cones are unavailable)
Stopwatches	4	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Use for testing measurement/timing
Blindfolds	4	Local store/Online (e.g. amazon)	Healthy Athletes Grant	OPTIONAL: Used if athlete is unable to close eyes for one of the balance tests
Partitions	2	Local store/Online (e.g. amazon)	Healthy Athletes Grant	OPTIONAL: Used for testing if walls in venue not available for stabilization and/or for alternative/non-ambulatory testing
Trash Bags	1	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Clean up and dispose of waste during screenings
Storage Box	0	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Equipment for this station should be stored in shared boxes for stations 2-5 (See count in Station 2 above)
Hand Sanitizer	2 bottles	Henry Schein* Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used for hand hygiene between volunteers and athletes <i>*Henry Schein available for Programs in US, Jamaica, Canada, and Germany</i>
Disinfectant Wipes	1 container	Henry Schein* Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used to clean testing sites and equipment between athletes

Station 5: Aerobic Fitness

Standard Supply Item	Quantity Advised	Available From	Funding Source	Recommendations/ Comments
"Station 5: Aerobic Fitness" Sign	1	Local Printing	Healthy Athletes Grant	Used to indicate screening flow & where athletes should go next Utilize Discipline logos as needed to supplement signage See FUNfitness branding resources page

Pens/Pencils (if no tablets)	4	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used to fill out paper HAS forms if tablets are not being used
FUNfitness Clinical Protocol Guide	2	Local Printing	Healthy Athletes Grant	Provides support to volunteers for testing guidelines and how to complete HAS form *only need pages 16 - 18 describing Station 5 testing Document found on FUNfitness resources page
O2 Saturation Decision Tree	4	Local Printing	Healthy Athletes Grant	Provides support to volunteers on decision-making to proceed with aerobic fitness testing based on athlete's O2 saturation and HR Document found on FUNfitness resources page
Straight Back Chairs	4	Rental or Venue Provided	Healthy Athletes Grant	Stable straight back chairs for athlete testing and stabilization
Tables (183cm/6ft)	1	Rental or Venue Provided	Healthy Athletes Grant	Utilized for supply/equipment storage
Table Cloths	1	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used to cover tables
Paper or Round Tape Measures	4	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used for target distance measurement for 2MST set up
Retractable Tape Measures	1	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used for setting up aerobic fitness non-ambulatory testing
Tape	1	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Masking, painters, or electric tape that is easily visible/removable Used to mark target distances for testing
Stopwatches	4	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used for aerobic fitness test timing
Pulse Oximeter	4	Henry Schein* Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used to measure athlete HR and O2 saturation *Henry Schein available for Programs in US, Jamaica, Canada, and Germany
Cones or Tape	2 cones or 1 roll	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used to mark turnaround points & start/stop distance for non-ambulatory, 6-minute Push test (Cones are preferred, but tape that is easily visible/removeable(e.g., making, painters or electric tape) can be used if cones are unavailable)
Partitions	2	Local store/Online (e.g. amazon)	Healthy Athletes Grant	OPTIONAL: Used as option to indicate target height for marching in 2MST
Tally Counters	4	Local store/Online (e.g. amazon)	Healthy Athletes Grant	OPTIONAL: Used as option to count athlete reps during 2MST
Trash Bags	1	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Clean up and dispose of waste during screenings
Storage Box	0	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Equipment for this station should be stored in shared boxes for stations 2-5 (See count in Station 2 above)
Hand Sanitizer	2 bottles	Henry Schein* Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used for hand hygiene between volunteers and athletes *Henry Schein available for Programs in US, Jamaica, Canada, and Germany
Disinfectant Wipes	1 container	Henry Schein Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used to clean testing sites and equipment between athletes *Henry Schein available for Programs in US, Jamaica, Canada, and Germany

Station 6

Data Review

Standard Supply Item	Quantity Advised	Available From	Funding Source	Recommendations/ Comments
"Station 6" Sign	1	Local Printing	Healthy Athletes Grant	Used to indicate screening flow & where athletes should go next Utilize Discipline logos as needed to supplement signage See FUNfitness branding resources page
Pens/Pencils (if no tablets)	4	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used to fill out paper HAS forms if tablets are not being used
FUNfitness Clinical Protocol Guide	4	Local Printing	Healthy Athletes Grant	Provides support to volunteers for follow up recommendation guidelines and how to complete HAS form *only need pages 19-20 describing Station 6 & Data Review sub-station Document found on FUNfitness resources page

Athlete Scorecard/Passport	1/athlete	Local Printing	Healthy Athletes Grant	Gives summarized results to athlete of screening including where referrals are needed Document found on FUNfitness resources page
Straight Back Chairs	8	Rental or Venue Provided	Healthy Athletes Grant	Chairs for athletes and volunteers to sit during interaction
Tables (183cm/6ft)	2	Rental or Venue Provided	Healthy Athletes Grant	Utilized for athlete/volunteer interaction
Table Cloths	2	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used to cover tables
Trash Bags	1	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Clean up and dispose of waste during screenings
Storage Box	1	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used to store completed blank athlete resrouces (e.g., athlete scorecard/passports, referral forms, handouts, etc.) <i>(should be shared with the Education sub-station)</i>
Hand Sanitizer	1 bottle	Henry Schein* Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used for hand hygiene between volunteers and athletes <i>*Henry Schein available for Programs in US, Jamaica, Canada, and German y</i>
Disinfectant Wipes	1 container	Henry Schein* Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used to clean testing sites and equipment between athletes <i>*Henry Schein available for Programs in US, Jamaica, Canada, and Germany</i>
Education				
Standard Supply Item	Quantity Advised	Available From	Funding Source	Recommendations/ Comments
"Education" Sign	1	Local Printing	Healthy Athletes Grant	OPTIONAL: Used to indicate screening flow & where athletes should go next Utilize Discipline logos as needed to supplement signage See FUNfitness branding resources page
Pens/Pencils (if no tablets)	4	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used to fill out paper HAS forms if tablets are not being used
FUNfitness Clinical Protocol Guide	1	Local Printing	Healthy Athletes Grant	Provides support to volunteers on purpose and actions involved with sub-station. Document found on FUNfitness resources page
Athlete Education Handouts	1/athlete	Local Printing	Healthy Athletes Grant	Handout for athletes to take home to help guide continuation of exercises Document found on FUNfitness resources page
Straight Back Chairs	4	Rental or Venue Provided	Healthy Athletes Grant	Chairs for athletes to sit during education and learn seated exercises
Stapler	2	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used compile all education materials & any referral recommendations together for athletes
Staples	1/athlete	Local store/Online (e.g. amazon)	Healthy Athletes Grant	
Tables (183cm/6ft)	1	Rental or Venue Provided	Healthy Athletes Grant	Utilized for supply/equipment storage
Table Cloths	1	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used to cover tables
Trash Bags	1	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Clean up and waste during screenings
Storage Box	0	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Handouts should be stored in shared box with Data review & Theraband should be stored with shared boxes in station 2-5
Hand Sanitizer	2 bottles	Henry Schein* Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used for hand hygiene between volunteers and athletes <i>*Henry Schein available for Programs in US, Jamaica, Canada, and Germany</i>
Disinfectant Wipes	1 containers	Henry Schein* Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used to clean equipment between athletes <i>*Henry Schein available for Programs in US, Jamaica, Canada, and Germany</i>
Mats	4	Performance Health Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used for athlete to sit on to practice provided home exercises <i>*QTY represents use of roll up yoga mats Trifold mats (PH Item #081041714) may be used as alternative (1 trifold = ~2 yoga mats)</i>

Level 2 Resistance Band (latex free)	2 rolls per 100 athletes	Performance Health Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used to teach specific home exercises that athlete can reproduce at home (athletes take resistance band with them as educational material) (PH Catalog #561316 &# 561317 respectively) *QTY based on using 50 yd roll (~50 yds support about 50 athletes)
Level 3 Resistance Band (latex free)	2 rolls per 100 athletes	Performance Health Local store/Online (e.g. amazon)	Healthy Athletes Grant	
Scissors	2	Local store/Online (e.g. amazon)	Healthy Athletes Grant	
Check Out				
Standard Supply Item	Quantity Advised	Available From	Funding Source	Recommendations/ Comments
"Check Out" Sign	1	Local Printing	Healthy Athletes Grant	OPTIONAL: Used to indicate where athletes complete the screening and exit Utilize Discipline logos as needed to supplement signage See FUNfitness branding resources page
Straight Back Chairs	4-Feb	Rental or Venue Provided	Healthy Athletes Grant	For athletes to sit during education and learn seated exercises
Tables (183cm/6ft)	1	Rental or Venue Provided	Healthy Athletes Grant	Utilized for supply/equipment storage
Table Cloths	1	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used to cover tables
Trash Bags	1	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Clean up and dispose of waste during screenings
Storage Box	1	Local store/Online (e.g. amazon)	Healthy Athletes Grant	To store give aways prior to event & store complete HAS forms after event
Hand Sanitizer	1	Henry Schein* Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used for hand hygiene between volunteers and athletes *Henry Schein available for Programs in US, Jamaica, Canada, and Germany
Disinfectant Wipes	1	Henry Schein* Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used to clean equipment between athletes *Henry Schein available for Programs in US, Jamaica, Canada, and Germany
Markers/Stickers	2 markers or 1 sticker/athlete	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used to mark athlete completion of FUNfitness
Athlete Educational Giveaway Item	1/athelte	Local Donations Local store/Online (e.g. amazon)	Local Donations Healthy Athletes Grant	Examples of options include but not limited to: water bottles, stretch straps, cold packs, squeeze balls, etc.
Waiting Area/Discipline Venue				
Standard Supply Item	Quantity Advised	Available From	Funding Source	Recommendations/ Comments
Banners - FUNfitness	2 to 3	Horizontal banner may be available from SOI or Local printing	SOI or Healthy Athletes Grant	OPTIONAL: Use additional banners throughout venue for supplementation Ensure proper branding including sponsors See FUNfitness branding resources page
Straight Back Chairs	30-35	Rental or Venue Provided	Healthy Athletes Grant	Stable straight back chairs for waiting area and throughout each station
Trash Bags	1	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Clean up and dispose of waste during screenings
Storage Box	1	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used to store miscellaneous
Partitions	Up to 4	Local store/Online (e.g. amazon)	Healthy Athletes Grant	OPTIONAL: Used to separate stations if needed for athlete flow
Hand Sanitizer	1	Henry Schein* Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used for hand hygiene for athletes if desired *Henry Schein available for Programs in US, Jamaica, Canada, and Germany
Disinfectant Wipes	1	Henry Schein* Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used to clean chairs between athletes if needed *Henry Schein available for Programs in US, Jamaica, Canada, and Germany

Scissors	2	Local store/Online (e.g. amazon)	Healthy Athletes Grant	For day of prep/set up & during event for resistance band cutting for athlete education
Markers/Stickers	1-2 markers or 1 pack of stickers/labels	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used for labeling, volunteer badges, and miscellaneous needs
Name Badges for Volunteers	1/volunteer	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Identify volunteers, CD's and Program staff
Zip-ties or String	1 box or roll	Local store/Online (e.g. amazon)	Healthy Athletes Grant	Used for hanging signs throughout venue/stations, helping to securing equipment/signage during set up and for securing packed boxes after breakdown