

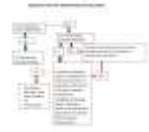




Equipment and Supply List 2023

Use this list to calculate your supplies cost for your discipline. Unused, non-disposable items should be collected at the end of the event and stored under lock and key to support future events. When filling this information out for future events, conduct an inventory to determine what items you will or will need to obtain for your next event.







[Contact FUNFitness Practice Manager for additional Guidance](#)






FUNfitness

Standard SupplyItem	Example Picture	Recommendations/ Comments	Quantity Advised	Available From	Estimated Cost
Signage & Forms/Prinatable Materials					
Banners - FUNFitness		ensure proper branding (including program name and sponsors) - check with FUNFitness manager	2	horizontal banner may be available from SOI OR local printing required Found in Branding Link on SOI FUNfitness Resources Website	varies for location & type generally up to \$100 - \$200 (for retractable banners)
FUNfitness station signs (1/station)	varies	to ensure propr indication and flow of screening for althetes and where to go next	1 per station	Local Printing Required Found in Branding Link on SOI FUNfitness Resources Website	varies
CHECK IN					
FLEXIBILITY					
STRENGTH					
BALANCE					
AEROBIC FITNESS					
DATA REVIEW					
EDUCATION					
CHECK OUT					
HAS Form (if not using tablets)		used to record data for athelete through each station;	1 per athlete	Local Printing Required Found on SOI HAS Resources Website under FUNfitness	varies for local printing and quantity
Test Procedure Instructions	See FUNfitness Event Reference Guide	This gives instructions for volunteers at each station	1 per station	Local Printintg Required Found within Manuals & Guides Section of SOI FUNFitness Resources Website	
O2 Saturation Decision Tree		Required for ability of athele to proceede during aerobic station	6	Local Printing Required Found in Additional Resources Section of SOI FUNFitness Resources Website	
Hand Grip 10th Percentile Cutoff Reference Sheet		provides scoring assistance for strength section	2	Local Printing Required Found in Additional Resources Section on SOI FUNFitness Resources Website	
Athlete Fitness Scorecards/Referrals (booklets)		provides results to athletes with information on exercises and next steps including recommended referrals.	1 per athlete	Local Printing Required Found in Education Section of SOI FUNFitness Resources Website	


Screening Station Supplies

Straight Back Chairs		need stable chairs for waiting area, check in/out and stations	60 - 70	<i>Contact Health Program Manager to procure from venue</i>	
Tables		Utilized for check in, check out, data review, <i>stations amount may vary based on use of mat table availability</i>	183cm (6ft) tables - 8	<i>Contact Health Program Manager to procure from venue</i>	
Table Cloths		used to cover tables in various tables at stations	based on table #	local store/online (e.g amazon)	varies please indicate if branding for updated costs
Mat Tables		used for flexibility station - (sturdy enough to hold weight of athletes)	4	performance health local store/online (e.g amazon)	varies
Mats (suggest roll up yoga mats)		to use if tables not padded & to use on floor for flexibility, strength and education stations	4-8 pending use on table	local store/online (e.g amazon)	varies
<i>Tri-Fold Mat</i>		<i>OPTIONAL: can be used if opt for education and strength stations</i>	3-4 for each station applicable	Item #081041714 Performance Health local store/online (e.g amazon)	261.42 (PH) or varies
Partitions		ONLY required used if venue does not have walls for functional reach and 2 minute step test <i>can be used to separate stations if desired</i>	1-2 (use both sides)	local store/online (e.g amazon)	varies
Stopwatches		used for balance, aerobic and strength station testing	12 total (3-4 per identified station)	local store/online (e.g amazon)	varies
Tally Counters		used to count reps at balance, aerobic and strength testing	6	local store/online (e.g amazon)	varies
Hard Foam/wood (for chair for TUG)		used for STS test to ensure proper stating positon for STS/TUG	2 per station (strength & balance)	local store/online (e.g amazon)	varies
Blindfolds (for balance testing)		used for balance testing if athelete unable to close eyes	2	local store/online (e.g amazon)	varies
Tape Measures		used for balance & flexibility station/aerobic if doing 5 minute wheel test	2-3 either retractable or paper	local store/online (e.g amazon)	varies

Pluse oximeter		used for aerobic section	6	performance health local store/online (e.g amazon)	varies typically ~\$20
Smedley Digital Hand grip dynamometers		used for strength station	2	perfomance health - # 563215 local store/online (e.g amazon)	varies on type provide information on digital or not for awareness <i>digital typically ~\$60</i>
Resistance Band 50 yd Roll level 2 & 3 (latex free)		used to give out at education section for exercises for home	level 2 - 1 roll per 50 atheletes	performance health #561316 local store/online (e.g amazon)	varies based on # of rolls
			level 3 - 1 roll per 50 athelets	performenace health #561317 local store/online (e.g amazon)	
Push up blocks		used for strength station	3	online (e.g amazon)	varies
Stools or Wedges		to go under knees for sit up test in strength station	3	local store/online (e.g amazon)	varies
Goniometers (large & Small)		used for flexibility station	4 each	performance health (large #7514; small # 7512) online (e.g amazon)	varies

General Supplies					
Office supplies	<i>suggest having 1 kit of all supplies in box so easy to use from event to event</i>			local store/online (e.g amazon)	varies
<i>pens/pencils (only needed if no tablet)</i>		used to fill out forms (athletes and volunteers)	24		
<i>clipboards (only needed if no tablet)</i>		for volunteers/atheletes to complete HAS	20 per 100 atheletes		
<i>stapler & staples / paper clips</i>		to complie all education material for athlete	1 per education material		
<i>tape (packing,masking, ducktape)</i>		for hanging signs/packing boxes	2 roll each		
<i>heavy string or zip ties</i>		for hanging signs	1 roll / box		
<i>scissors</i>		cutting tape and prep of day and 1 for education section for theraband	2 pair		
Hand Sanitizer			help with hand hygeine between volunteers and atheletes and between stations	8 (at least 1 at each station)	local store/online (e.g amazon)
Disenfectent Wipes		used to clean materials/equipments	7 (1-2/station)		
Trash Bags		clean up and for waste during screenings	1-2 per station		
Storage Box		store and maintain forms for data collection (only if not using live entry)	1		
Name Badges/Tags	to provide volunteers for day of operations		1 per volunteer		

Athlete Educational Giveaway Items

Waterbottles		these are examples of options that can be used but non exhaustive	at least 1 giveaway per athlete	often donated from local groups or get from local stores	varies
Hats					
Stretch straps					
cold packs					
squeeze balls					