

## Height Measurement Poster

### 1. Equipment Requirements

- A stadiometer with a 6 inch or wider headboard.
- OR
- A non-stretch tape affixed to the wall **and**
  - Headboard with right angle.



### 2. Athlete Preparation

- Ask the athlete to remove shoes, hat, coat, sweater, fanny pack and medals
- Stand tall and face the volunteer, looking straight ahead.



### 3. Athlete Placement

- Make sure there are three points of contact with the stadiometer/wall
1. Shoulder
  2. Buttocks
  3. Heels



### 4. Athlete Measurement

- Lower the headboard until it touches the top of the athlete's head and creates a right angle with the measurement surface.
- Read the height (where the bottom of the headboard touches the measuring tape) to the nearest centimeter.
- If reporting in inches, be sure to use inches only (e.g, 66in), not feet and inches (e.g, 5 ft 6 in)



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