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.



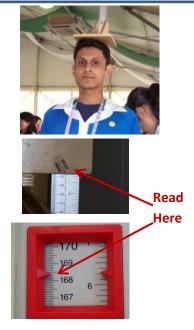
2. Athlete Preparation

- 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)