

Height Measurement Poster

1. Equipment Requirements

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

1. Head
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, 66.0 in), not feet and inches (e.g, 5 ft 6 in)*



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