1. Equipment Requirements
   - A stadiometer with a 6 inch or wider headboard.
   - A non-stretch tape affixed to the wall
   - 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).