

Height Measurement Poster



1. Equipment Requirements

- A stadiometer with a 6 inch or wider headboard.
- OR
- 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 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.