

Weight Measurement Poster



1. Equipment Requirements

- High quality beam balance or electronic scale.
- Weighs in 0.1KG increments
- Weight can be locked in
 - No sature device attached
 - No wheels on scale
 - Do not use spring balance or home-use scales.



2. Athlete/Equipment Preparation

- Ask the athlete to remove shoes, hat, coat, sweater, fanny pack and medals
- Zero the scale, be sure it is on KG
- Ask athlete to step on the scale.



3. Athlete Placement

- Ask the athlete to stand at the center of the scale and to stand still while the scale measures.



4. Read and Record Weight

- Record the weight to the nearest 0.1 KG on the form.

NOTE: Be sure to have the scale on level ground (preferably not on carpet). Have an area for athletes to sit down and remove their shoes close to where they will have their height and weight taken