



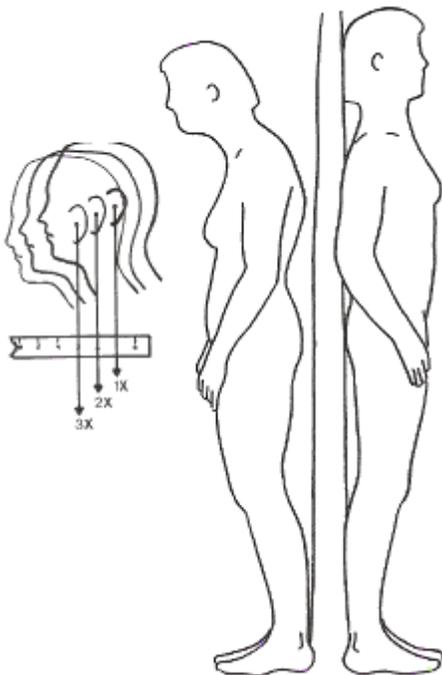
# Height, weight and posture

Record the height, weight and posture of the athlete

- Record height and weight of each athlete
- Ensure athletes are standing tall during height measurement- **measure height in cm**
- Ensure athletes shoes are off and **measure weight in lbs.**

## Posture test

- Get athlete to sit straight against wall
- Record athletes head position (is it neutral or forward)
- Record athletes shoulder position (is it forward or neutral)
- Record athletes low back position (is it neutral, forward or flattened)



## Note:

- Ensure any “extra” clothes ie. Jackets and shoes are off when weighing
- Ensure hats and shoes are off when measuring height and weight