

Fidelity Checklist for Resting Heart Rate Measurements

- Set up a Resting Heart Rate station in a quiet location.
- Have chairs, benches or medical beds in the station.
- Make sure the temperature in the measurement area is moderate, not too hot or too cold.
- Check all equipment before measurements begin.
- Ask Athlete if they have participated in any physical activity in the past 30 minutes. If yes, then have the Athlete wait 30 minutes before you conduct your measurements.
- Ask Athlete if they have smoked in the past 30 minutes. If yes, then have the Athlete wait 30 minutes before you conduct your measurements.
- Ask Athlete if they have had caffeine in the past 30 minutes. If yes, then have the Athlete wait 30 minutes before you conduct your measurements.
- Have participants sit or lay down and remain still for at least 5-10 minutes before measuring.
- If the athlete seemed stressed you allowed them to settle down for at least 10 minutes.
- Fill in the measurement form completely including recording the type of measurement (wrist, neck, app) used.