

Training Skill Session - Resting Heart Rate

- When you are training volunteers, use this training tool to have the volunteers practice their skills at measuring resting heart rate.
- Have training participants pair up and instruct each person to take turns as measurer and recorder to complete measurements on the same athlete, staff or volunteer.
- Record the volunteer's measurements and whether or not they followed the Fidelity Checklist for Resting Heart Rate.
- Compare the results with the team after measurements are taken.
- Review any information they should learn and/or practice before they take measurements during an event.

Information about program:

Date:

Location:

Event Name:

Program type:

Program State/Country:

Program Region:

Person overseeing training (print name):

Person in charge of event (signature):

Role in SO Program:

Volunteers being trained:

Name of Volunteer #1:

Name of Volunteer #2:

Name of Volunteer #3:

Name of Volunteer #4:

Athlete #1	Athlete #1
Resting Heart Rate:	Resting Heart Rate:
Equipment checked?:	Equipment checked?:
Type of measurement used:	Type of measurement used:
Ask Athlete about smoking in past 30 mins.?:	Ask Athlete about smoking in past 30 mins.?:
Ask Athlete about eating in past 30 mins.?:	Ask Athlete about eating in past 30 mins.?:
Ask Athlete about physical activity in past 30 mins.?:	Ask Athlete about physical activity in past 30 mins.?:
Forms completed?:	Forms completed?:
Measurer Name:	Measurer Name:
Recorder Name:	Recorder Name:

Athlete #2	Athlete #2
Resting Heart Rate:	Resting Heart Rate:
Equipment checked?:	Equipment checked?:
Type of measurement used:	Type of measurement used:
Ask Athlete about smoking in past 30 mins.?:	Ask Athlete about smoking in past 30 mins.?:
Ask Athlete about eating in past 30 mins.?:	Ask Athlete about eating in past 30 mins.?:
Ask Athlete about physical activity in past 30 mins.?:	Ask Athlete about physical activity in past 30 mins.?:
Forms completed?:	Forms completed?:
Measurer Name:	Measurer Name:
Recorder Name:	Recorder Name: