

Fidelity Checklist for Weight Measurements

- Establish a measurement area that is away from loud noises.
- Create area designated for shoes.
- Make sure there is a chair or bench in area for Athletes to take on/off shoes.
- Check all equipment before measurements begin.
- Scale is on flat surface.
- Scale has been zeroed.
- Scale is plugged in or batteries work.
- Athlete is not wearing shoes.
- Have Athlete remove any outer layers (coats, sweatshirt or sweaters) or other items (fanny packs, backpacks, items from pockets (phone, wallet, coins, etc.), heavy jewelry, medals or sports equipment) that may interfere with measurement.
- Weight recorded to the nearest decimal fraction.
- Fill out measurement form completely.