

# Fidelity Checklist for Height Measurements

## Measuring Height with a Headboard

- 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.
- Measurement equipment is placed on flat surface.
- Check all equipment before measurements begin.
- Athlete is not wearing shoes.
- Athlete is not wearing a hat or any other item that could interfere with measurement.
- Athlete is standing straight against the wall, with heels touching the wall & feet flat on the floor.
- Athletes' head position is neutral (they are facing you).
- Athletes' shoulders are positioned neutrally (they are flush with the wall).
- Height recorded to the nearest 1/8th inch or 0.1 centimeter.
- Fill out measurement form completely.

## Measuring Height with Knee Length

- 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.
- Athlete is not wearing shoes.
- Athlete is sitting down with knee bent at 90° angle.
- Blade (end) of sliding caliper placed under heel of right foot (heel should be resting on caliper blade).
- Other blade (end) of caliper placed over anterior surface thigh.
- Slight pressure applied to thigh by the caliper.
- Measurement recorded to nearest 0.1 cm.
- Caliper removed and then repositioned.
- Two more measurements made if first two differ by greater than .4 cm.
- Fill out measurement form completely.

## Measuring Height with Arm Span

- 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.
- Athlete is not wearing shoes.
- Athlete's arms are outstretched as far as possible prior to and during measurement.
- Measured arm span from tip of middle finger on hand to the tip of the middle finger on the other hand.
- When using anthropometer, sliding tabs on either end touched the Athlete's middle finger.
- Record the type of equipment used (anthropometer or tape measure).
- Height recorded to the nearest 1/8th inch or 0.1 centimeter.
- Fill out measurement form completely.