

'SIZE FOR AGE' CHECKLIST

1. A request for assessment comes through one of the below ways;
 - a player falls outside the standard weight and height guidelines
 - from a player or their parent/guardian
 - observations of an accredited coach
 - request from a club or school official
 - at the discretion of the competition manager
2. Assessor Coach should check the Age Grade Dispensation Consent Form has been completed prior to contacting the player and/or parent/guardian
3. Competition manager (or state/territory representative) assigns the qualified assessing coach
4. Assessor coach contacts the player and organises a suitable time to complete the assessment (highly desirable to view in training and match environments)
5. Ensure you have all the required equipment to complete the assessment, contact your state or union representative if necessary. This should include;
 - Cones and stopwatch
 - Stadiometer to measure height
 - Digital medical grade scales to measure weight
 - 2kg medicine ball
 - Tape measure
6. Familiarise yourself with the online assessor coach report or print a copy to take to the assessment
7. Assessment undertaken as per the testing protocol
8. Complete the report and submit your recommendations to the competition manager (or state/territory representative) via the online form