

SPECIAL OLYMPICS ARKANSAS



Athlete Release Form

I want to take part in Special Olympics and agree to the following:

1. Able to Participate. I am able to take part in Special Olympics. I know there is a risk of injury.
2. Photo Release. Special Olympics organizations may use my picture, video, name, voice, and words to promote Special Olympics.

3. Health Programs. If I take part in a health program, I consent to health activities, exams, and treatment. This should not replace regular health care. I can say no to treatment or anything else any time.

4. Personal Information. I understand my information may be used and shared by Special Olympics to:

Make sure I am eligible and can participate safely;

Run trainings and events and share results

Put my information in a computer system

Provide health treatment, make referrals, consult doctors, and remind me about follow-up services

Research, share, and respond to needs of Special Olympics athletes (identifying information removed if shared publically)

Protect health and safety, respond to government requests, and report information required by law.

I can ask to see and change my information.

7. Concussions. I understand the risk of concussions and continuing to play sports with a concussion. I may have to get medical care if I have a suspected concussion. I also may have to wait 7 days or more and get permission from a doctor before I start playing sports again.

Athlete Name: _____

Guardian Name (if a minor): _____ Relationship: _____

Signature: _____ Date: _____

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Demographics

Athlete Name: _____ DOB: ____/____/____

What Special Olympics area do you participate with? _____



Take your shoes off and record your height and weight:

Height in inches: _____ INCHES Weight in lbs: _____ POUNDS

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Self Assessment Scores

Only answer questions for tests that you completed. Skip questions that you did not complete. Repeat the test each month to track your progress.

| Test Name | Results |
|--|---------|
| 3 minute Step Test Heart Rate | |
| Number of PushUps in 1 minute | |
| Number of CurlUps in 1 minute | |
| Right Leg Stance Time in Seconds | |
| Left Leg Stance Time in Seconds | |
| One leg sit and reach body part reached | |

SPECIAL OLYMPICS ARKANSAS



Fitness Self-Test Instructions

Always warm-up before starting a fitness assessment or exercise program.

Performing a warm up is important before beginning a fitness assessment or exercise program. These movements will get your heart pumping and your muscles ready for movement. Warming up before exercise helps you perform better and stay safe.

Begin your fitness assessment

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3 Minute Step Test



1. For this test, use a bottom stair or a bench that is about 12 inches high. You will step on and off the same stair for 3 minutes.
2. Start by stepping up with one foot and follow with the other foot. Then, step down with one foot and follow with the other. It is best not hold onto anything while you are stepping, unless you need to for balance.
3. Start a timer when you begin stepping. Keep a steady and consistent pace when stepping. Try saying “up, up, down, down” when each foot moves on and off the stair.
4. At the end of 3 minutes, stay standing and measure your heart rate for 60 seconds (1 minute). You can use a free app on your phone (like Instant Heart Rate Apple / Android) that will count and display the beats. Or, place your first two fingers on the side of your neck until you feel the beats and count them out loud.
5. Write down the number of beats in 60 seconds. The lower your heart rate is after the 3-minute step test, the better your aerobic fitness is.

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Push Up Test



1. Start by lying on your front with hands under your shoulders. Your back and legs are straight.
2. Push up until your arms are fully straight. Then, lower your body down until your elbows are bent to 90 degrees. Push up again and straighten your arms.
3. Perform the push-ups slowly and continuously without taking rests in between. Your back and legs stay straight the whole time.
4. Count each time your arms bend to 90 degrees. Do as many push-ups as you can.
5. Stop the test when: your knees touch the floor, you do not bend your arms all the way, you take rests (longer than 5 seconds) between push-ups, your body is not straight, or you have been performing the test for a minute.
6. Write down the number of push-ups you do.

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Curl Up Test



Featuring Special Olympics Global Messenger, Dan Tucholski



1. Start by lying on your back on a mat or carpet. Bend your knees to 90-degrees with feet flat on the floor. Arms are straight and hands on your thighs.
2. Curl up by raising your upper back and head off the floor. Be careful not to bend your neck. Slide up your hands until your fingertips touch the tops of your knees. Then, lower back down to the starting position.
3. Perform the curl-ups slowly and continuously without taking rests in between.
4. Count each time your fingertips touch the tops of your knees. Do as many curl-ups as you can in one minute
5. Stop the test when: your feet come up off the floor, you do not raise up all the way to touch your knees, you take rests between curl-ups, or your body is not straight.
6. Write down the number of curl-ups you do.

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Single Leg Stance Test

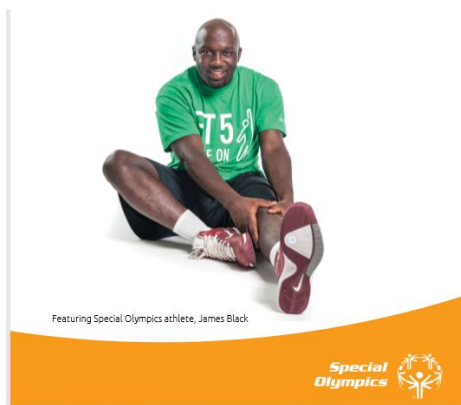


1. Start by standing on a flat surface that is not slippery. Have a wall or something stable nearby to hold onto if you lose your balance. Put your hands on your hips.
2. Bend one knee and raise your foot so you are standing on one leg. Place your foot against the inside knee of the leg you are standing on. Do not lean or hold onto Anything.
3. Start a timer when you are in position. Stay balanced as long as you can.
4. Stop the test when: your hands come off your hips or your foot loses contact with the Knee.
5. Write down the number of seconds (or minutes) that you stayed balanced. Also write down which leg you were standing on and use the same one each time you do the Test.

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One leg sit and reach test



1. Start by sitting on the ground and removing your shoes.
2. Extend one leg out in front of your body. Bend the other knee so that the bottom of your shoe touches the inside of your opposite leg.
3. Bend at the waist, and reach forward with both arms as far as you can while keeping your leg flat on the ground.
4. Try it three times.
5. On the last time, write down whether you reached as far as your knee, shin, ankle, or toes.

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Modified Self Assessment Score Sheet

Only answer questions for tests that you completed. Skip questions that you did not complete.
Repeat the test each month to track your progress.

| Test Name | Results |
|---|---------|
| 6 minute Walk/Roll Test Heart Rate | |
| 6 minute Walk/Roll Test Number of Laps | |
| Number of Shoulder Presses in 1 minute | |
| Number of CurlUps in 1 minute | |
| Balance Test (Look over Left Shoulder) Time in Seconds | |
| Balance Test (Look over Right Shoulder) Time in Seconds | |
| Shoulder Stretch Test Body Part Reached | |

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Modified Self Assessment Instructions

Always warm-up before starting a fitness assessment or exercise program.

Performing a warm up is important before beginning a fitness assessment or exercise program. These movements will get your heart pumping and your muscles ready for movement. Warming up before exercise helps you perform better and stay safe.

Begin your fitness assessment

Six Minute Walk/Roll Test

1. For this test, find an open space such as a long hallway or large living space where you can walk or roll around a couch or dining table.
2. Set a timer for 6 minutes and begin to walk or roll around the space. Count how many laps you complete.
3. At the end of 6 minutes, measure your heart rate for 60 seconds (1 minute). You can use a free app on your phone (like Instant Heart Rate on [Apple](#) and [Android](#)) that will count and display the beats.
4. Write down the number of beats in 60 seconds and the number of laps you complete. More laps and less heart beats is your goal.

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Shoulder Press Test



1. Start by sitting in a chair with your back straight.
2. Hold two dumbbells with your elbows bent and your hands by your shoulders. Push up until your arms are fully straight. Then, lower the dumbbells down until your elbows are bent to 90 degrees. Push up again and straighten your arms.
3. Perform the shoulder press slowly and completely.
4. Count each time your arms extend completely. Do as many as you can in one minute.
5. Stop the test when: you reach one minute, do not extend your arms all the way, or if you take rests (longer than 5 seconds) between press ups.
6. Write down the number of shoulder presses you do.

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Curl Up Test

need image for modified

1. You can do this exercise while sitting in a chair. Arms are straight and hands on your thighs.
2. Curl up by raising your upper back and head toward your knees. Be careful not to bend your neck. Slide your hands toward your toes. Then, slowly return to the starting position.
3. Perform the curl-ups slowly and continuously without taking rests in between.
4. Count each time your fingertips pass your knees. Do as many curl-ups as you can in one minute.
5. Stop the test when: you reach one minute, your feet come up off the floor, you do not raise up all the way to touch your knees, you take rests between curl-ups, or your body is not straight.
6. Write down the number of curl-ups you do.

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Shoulder Stretch Test

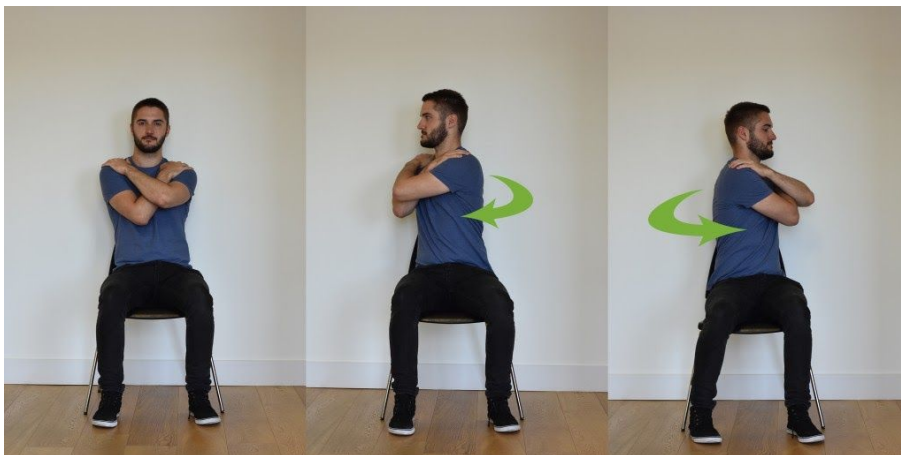


1. Start by sitting in a chair with your hands on your knees.
2. Extend one arm up over your head and bend your other elbow to touch your back.
3. Try to stretch your hand toward the center of your back.
4. Try it three times.
5. On the last time, write down whether you reached as far as your chin, top of your head, back of neck, or middle of your back.
6. Try it with the other arm too.

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Balance Test



1. Begin in the sitting position with arms folded over chest
2. Turn to look behind you as far as possible, over your left shoulder
3. Hold the position briefly then return to the starting position.
4. Record whether you were able to rotate and shift your weight toward that side without losing your balance.
5. Repeat on the right side.