

## SAFE SKILLS CHECK 2023

**Skills Check Facilitator - Kiara Torres**

Station	SAFE Skill	SAFE 1 Testers	SAFE 2 Testers	SAFE 3 Testers	SAFE 4 Testers	SAFE 5 Testers
1	Vitals, Height, Weight, BMI	Riley Tyndall	Amber Parker	Nicole Manigo	Megan Jackson	Luke Coleman
2	Waist + Hip Circumference	Cody Strother	Madeline Heil	Jack DelVecchio	Connor Tripp	Cole Pridgen
3	Fast Gait Speed	Carley Schron	Milana Atwood	Joel Marquez	Matt Burr	Jimmy Williams
4	Handgrip Strength	Hope Harrington	Kaitlin Dillard	Jack Burnside	Kerry Kiser	William Morrison
5	5 x STS	Susie Silagy	Jackayln Geraty	Lennon Redford	Autumn Harless	Shayla Dearborn
6	Foam pillow posture test + Sh F ROM	Jillian Joyner	Jamie Smith	Sam Eisdorfer	Andrew Leon	Dalton Lipton
7	Ankle DF ROM + Mod. Thomas test	Margaret Wells	Emily Edwards	Joshua Austin	Hayle McClellan	Hunter Lohorn
8	SLS eyes open	Riley Shore	Erin Blevins	Witt Edwards	Katie Tanji	Alan Bennett
9	SLS eyes closed	Miranda Blizzard	Taylor Smith	Justin Meyers	Laura Poudrier	Harrison Howell
Dr. Trepte to allocate first years to each of the 5 SAFE tests		SAFE 1 Athletes	SAFE 2 Athletes	SAFE 3 Athletes	SAFE 4 Athletes	SAFE 5 Athletes

### Instructions for Testers:

- Find your name in the table above
- See what SAFE skill you have been assigned for the skills check
- Go onto Blackboard and read the PowerPoint slide and watch the video (link on the slide) for the skill you have been assigned in the **“Quick Reference for Testers”**
- Second years only: Watch the video for the **“Quick Reference for the Education Station”** and be prepared to provide athlete education using the corresponding SAFE Educational Handouts (CV Fitness, Muscular Fitness, Flexibility Fitness, Balance Fitness)