

TRYathlon Baseline & Post-Testing Guide

Effective Date: 1/22

Revision Date:1/22

Purpose: The purpose of the pre- and post-test is to measure the athlete's baseline strength prior to the TRYathlon Tournament™ and progress post-TRYathlon Tournament activities.

Scope: Senior Living

GUIDELINE

	ALF, ALF_MC
Who & When to Conduct	<p>Athletes competing in the TRYathlon Tournament™</p> <p>Baseline is conducted from January 17th through the February 4th, 2022.</p> <p>Post TRYathlon test conducted between April 4th through April 8th, 2022.</p>
Reporting	Baseline testing and post-testing results will be submitted to the Tournament Director via a Survey Monkey link. The link will be sent to the teams via email the weeks of January 17 th and April 4 th .
Intro Section	Athlete Name, Date of Birth & Start Age: Gather this information from the athlete.
Agility/Speed	<p>Up & Go:</p> <ul style="list-style-type: none"> Place a cone or marker 8 feet from front of stable chair Instruct athlete that the test consists of them walking as fast as they can towards the marker, going around it once, and quickly returning to their seat Athlete begins when they are ready Timing begins when the athlete's bottom detaches from the chair and ends when it returns If it is absolutely needed, an assistive device may be use; be sure to indicate on test
Strength	<p>Hand Grip:</p> <ul style="list-style-type: none"> The athlete is seated with arm next to side, elbow flexed to 90 degrees, and forearm and wrist neutral. Place the Dynamometer in the athlete's hand. While gently supporting the base of the dynamometer, athlete will squeeze as hard as possible for 5 seconds. Grip force should be applied smoothly, without rapid jerking motion. Allow the wrist to extend during the grip. Three tests will be completed with 15 seconds of rest in between each one. Record the best result of the 3 tests.
Finalizing Documentation	<p>Final Section</p> <ul style="list-style-type: none"> Baseline <ul style="list-style-type: none"> Document whether the athlete plans to participate in the hand bike, the foot pedal, Whizzer, or all the events prior to participating in the TRYathlon. Ask the athlete if he/she has attended a community exercise class in the last month and document a Yes or No. Post-Test <ul style="list-style-type: none"> Document whether the athlete did participate in the hand bike, the foot pedal, Whizzer, or all the events throughout the duration of the TRYathlon.

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	<ul style="list-style-type: none"> ○ Ask the athlete if he/she has attended a community exercise class in the last month and document a Yes or No. <p>Where Information is Utilized:</p> <ul style="list-style-type: none"> ○ Athlete must be notified of results in some fashion (i.e. verbal conversation, formal write-up, etc.) ○ TRYathlon Program Review <p>Filing:</p> <ul style="list-style-type: none"> ○ May be kept in Community Life department for quick reference and utilization ○ After a form is full or the resident has discharged/deceased, place into Resident Chart