

## **SKELETON TESTING PROTOCOL AND STANDARDS**

Test	Description	Junior Level (13-16yrs)	Entry level (16-21yrs)	Development (21-25yrs)	World Cup (25+yrs)
30m Sprint	Athlete sprints from a 2 point standing start. There is a one meter acceleration zone at the start. This is one of the most important tests we do, which gives a great indication of the athlete's ability to accelerate over a short distance.	4.20-4.40 (M)	4.00-4.20sec (M)	3.80-4.00sec (M)	3.60-3.79sec (M)
		4.55-4.70 (W)	4.35-4.55sec (W)	4.20-4.35sec (W)	4.10-4.20sec (W)
Flying 30m Sprint (45m)	Athletes are timed at a 15, 30, & 45m distance in one heat. The 30m fly is captured by measuring the split from 15m to 45m. This test is a good measure of an athlete's top end speed which is very important for final acceleration of the sled.	3.60-3.80 (M)	3.30-3.50sec (M)	3.10-3.30sec (M)	3.00-3.10sec (M)
		4.05-4.25 (W)	3.80-4.05sec (W)	3.65-3.85sec (W)	3.50-3.65sec (W)
20m Sled Pull (15kg)	With a 15m lead in, and a 15kg weight attached to their waist the athlete will sprint through a 20m zone. This is a great test for power and speed.	2.80-3.00 (M)	2.70-2.80sec (M)	2.60-2.70sec (M)	2.50-2.60sec (M)
		3.65-3.85(W)	3.50-3.65sec (W)	3.30-3.50sec (W)	3.15-3.30sec (W)
5 x double leg bound	With both legs together, the athlete will take 5 continuous jumps as fast and as far as possible (no stopping). This is a good measure of lower body power for athletes with limited weightlifting background	10.50m-12.00m	12.00m-13.00m (M)	13.00m-14.00m (M)	14.00m-15.00m (M)
		8.50m-10.00m	10.00M - 11.00m (W)	11.00m - 12.00m (W)	12.00m - 13.00m (W)
Power Clean 1RM	The power clean is a good indicator of the athlete's strength and explosive power which could be needed in the ability to push a skeleton sled. It also gives us an idea of the athlete's training background. Full cleans below parallel are not allowed. We do allow wrist straps and belts.	N/A	Optional based on competency	115kg-130kg (M) 60kg-70kg (W)	130kg-140kg (M) 90kg-100kg (W)
Front Squat 1RM	With the bar resting on the athletes shoulders, and a clean catch grip, the athlete will descend to the point where the top of their thigh is parallel or below to the ground. The Front Squat is a great indication of an athlete's absolute strength.	N/A	Optional based on competency	140kg-160kg (M) 80kg-90kg (W)	160kg-190kg (M) 90kg-100kg (W)

FUNCTIONAL MOVEMENT ANALYSIS	Opposite Leg and Arm Raise	Inline Lunge	Hurdle Step
	Identifies trunk stability which is a key factor in maintaining kinetic energy during the bent-over skeleton sled push	Evaluates hip mobility, a key indicator in stride length and range of motion for skeleton athletes	Indicator of the balance ability of the hips and lower chain

**Wingspan, Height and Functional Movement Analysis : These measurements may or may not be taken during any Identification Day**