

BALANCE TEST

Description

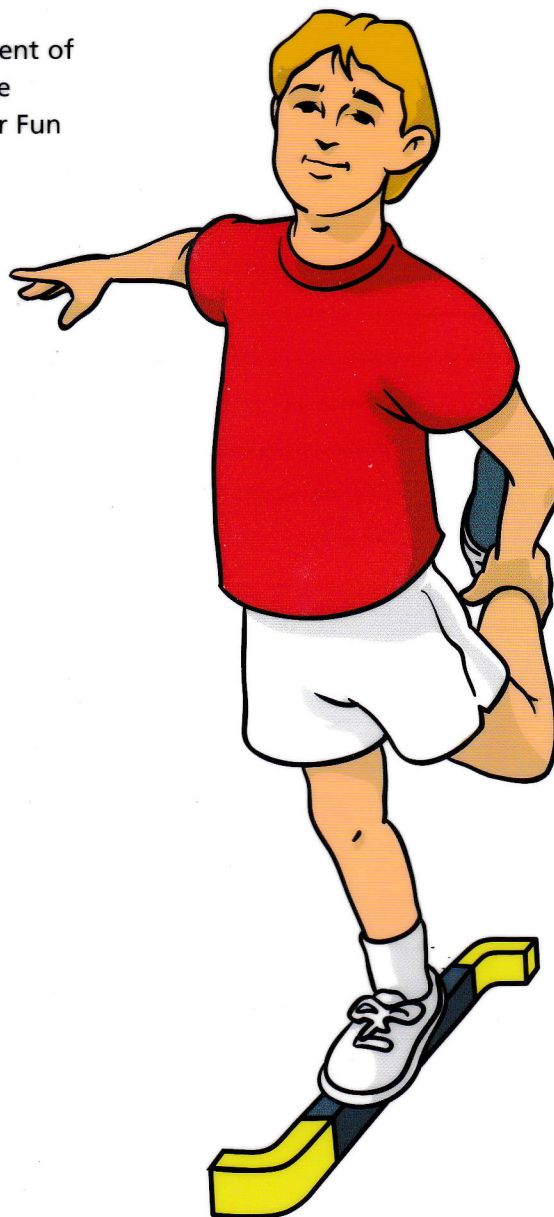
The ability to **balance** is a fundamental element of all sporting activity. The IFTA has adapted the standard 'Euro-fit test' into a competition for Fun in Athletics and the Agility Challenge.

The test

Left foot	15 seconds
Right foot	15 seconds
Left foot	15 seconds
Right foot	15 seconds
Total	60 seconds

Equipment

- Balance beam
- Stopwatch
- Balance beam mat (optional)



Rules

- Place one foot on the beam (this foot must be in line with and not across the beam).
- Bend the free leg backwards and hold the foot, gain balance by holding the judge's arm.
- The watch starts when the judge's supporting arm is released.
- The watch stops when the participant lets go of the free foot, touches the floor or completes 15 seconds.
- The participant changes legs for each of the four 15 second trials.
- The maximum time possible is 60 seconds.
- Time is recorded down to the nearest whole second.

Tips

For participants

- Use free arm to aid balance.

For judges

- Allow each participant to become familiar with the test.
- Allow participant to gain balance by holding the judges arm prior to the start of the test.

Safety

- Ensure that the balance beam is not able to slide on the floor.
- The use of a balance beam mat is recommended.

