



The Power Behind Performance®

Long Jump Tester

IMPORTANT INFORMATION
PLEASE READ AND KEEP

DISCLAIMER

The following guidelines should be observed when using the Long Jump Tester.

- Always consult your physician before participating in any physical activity.
- Read all instructions carefully before using the Long Jump Tester.
- Always place the Long Jump Tester on a level surface in an open area free from walls or other equipment.
- Avoid prolonged exposure to sunlight or water.
- Long Jump Tester is not a toy! Adult supervision is required at all times.
- Power Systems, Inc. assumes no liability for injury or damages that may occur with use of the Long Jump Tester.

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LONG JUMP TESTER

The Long Jump Tester is a testing device capable of providing accurate measurements of jump distance from 2' to 14' in ½" increments. Its lightweight design makes it portable and easy to store. The thickness of the mat provides a secure and stable surface that helps to reduce the force of impact on the user. The screened surface provides clear, long lasting marks for years of use.

SET-UP: Select a clear testing area that is level. Ideal surfaces include but are not limited to gymnasium floors, running tracks, and court surfaces. Unroll the mat completely so that it lies flat on the surface.

TESTING: Prior to testing make sure the population being tested has thoroughly warmed up. Once the warm-up has been completed the athlete steps onto the testing mat and positions their feet on the foot-prints so the toes are just behind the starting line. The athlete then jumps forwards as far as they can and lands on the mat without falling backwards. Identify the point of the body that is closest to the starting line, typically the heel and record the distance that is indicated on the mat.

STORAGE / TRANSPORT: After a testing session is completed allow the mat to dry. It is strongly recommended that any excess moisture be removed at this time to prevent degradation of the mat. When not in use roll the Long Jump Tester up and secure with several strips of tape. Unit is now ready for storage or transport.

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