



CKO Sprint's Ontario Para Team Performance Indicator (PI) Testing

Purpose:

- Monitor team member progression monthly
- Identify talent within and outside of our sport

Physical Assessments:

1. 50m Sprint (paddle erg)
2. Medicine Ball Toss
3. Push Ups
4. Pull Ups

50m Sprint

50 METER PADDLE OR PADDLE ERG SPRINT – measures velocity over 50m	
Equipment Needed:	- Kayak/canoe paddle erg - Timer
Protocol Steps:	- Each athlete will be given 2 attempts, the fastest 50m attempt will be recorded - If paddle erg – erg set to a 50m piece - Athlete must start from a stationary position - Test administrator will say 'ready, set, go', the athlete will complete the 50m on the word 'go' - The athlete will be given a minimum of 2 minutes rest between attempts

Medicine Ball Toss

MEDICINE BALL TOSS – measures upper body power	
Equipment Needed:	- Measuring tape - 3kg or 5kg medicine ball - Bench or chair
Protocol Steps:	- Each athlete will be given 2 attempts, the greatest distance will be recorded - Athlete may sit on bench or chair - Athletes can use straps if preferred - All males (kl3/vl3 & kl2/vl2) excluding quadriplegic athletes & those with severe upper limb power deficiency (kl1/vl1) will use 5kg medicine ball. All female athletes, quadriplegic males & those with a severe upper limb power deficiency (kl1/vl1) will use 3kg medicine ball. - Athlete lowers medicine ball to chest, extends arms forward & releases the ball - Warm up throws are allowed

Max Push Ups



CANOE KAYAK
ONTARIO
SPRINT

MAX PUSH UPS – measures upper body muscular endurance

Equipment Needed:	- None
Protocol Steps:	<ul style="list-style-type: none">- Starting with their palms pressed into the ground at their shoulders, athletes will press their body up, keeping their back straight, until their arms reach full extension- Athletes can achieve this with either their feet or knees remaining on the ground- Regardless of starting point (knees or feet) the athlete's legs and back should remain in line- Athletes will lower themselves until their nose touches the ground before pressing up and returning to a fully extended position. Note: the athlete should not bend their neck or reach their head forwards to touch the ground.- 1 repetition is counted for every full cycle: starting position - full extension - starting position- Test administrator will record how many push ups the athlete is able to complete in a row. The assessment should end when tempo or form becomes inconsistent or the athlete chooses to stop