



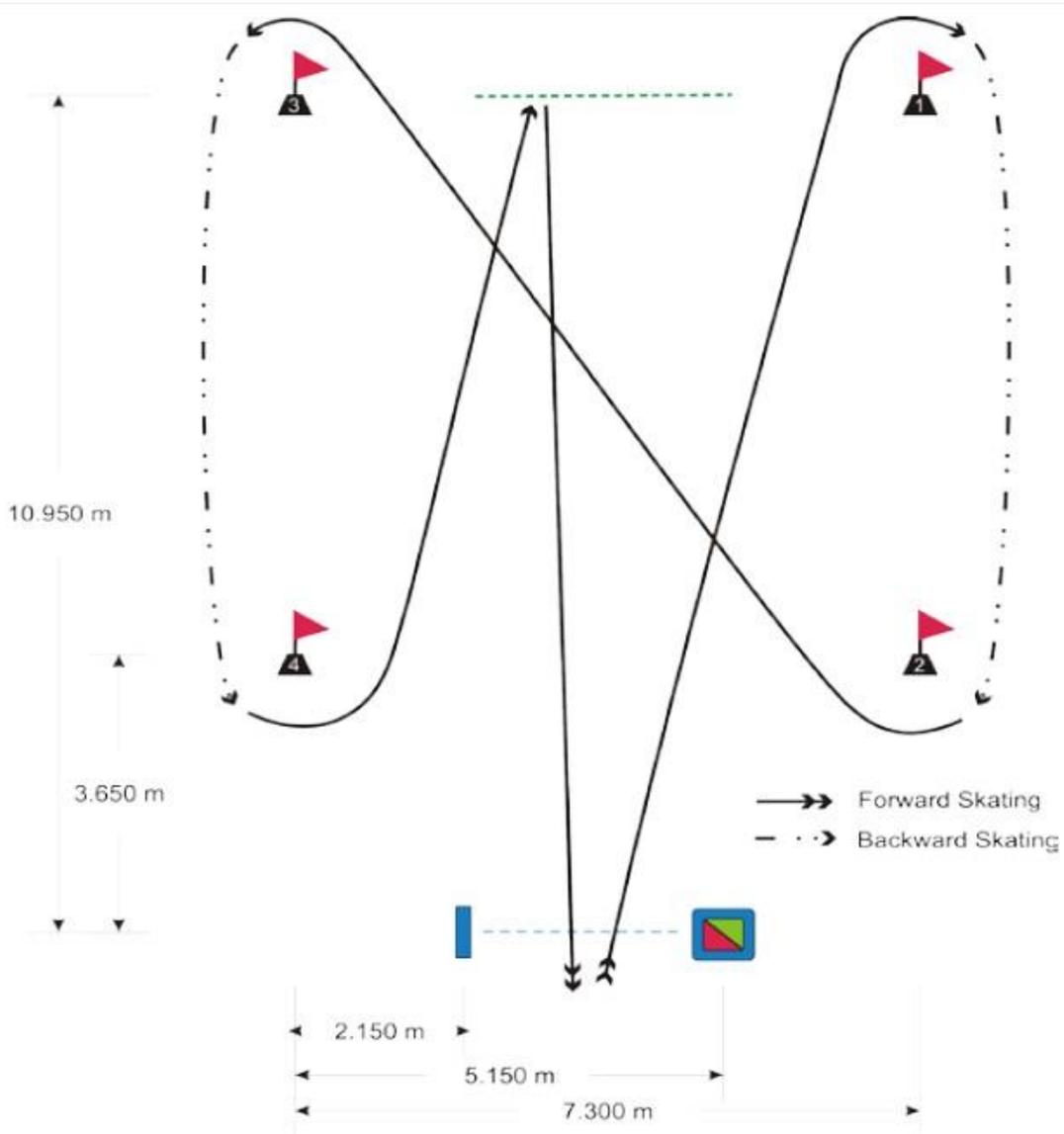
# Testing Protocols

## **Guidelines and Protocols:**

- Athletes will be assigned an RFID wristband, that is their ID and they must wear it at all times.
- Every athlete will get 2 attempts at each drill. **If both attempts are faulty, they will be given another attempt until a proper time has been achieved.**
- Fuel Performance staff will communicate via radio to ensure proper attempts have been made.
- See FAQ

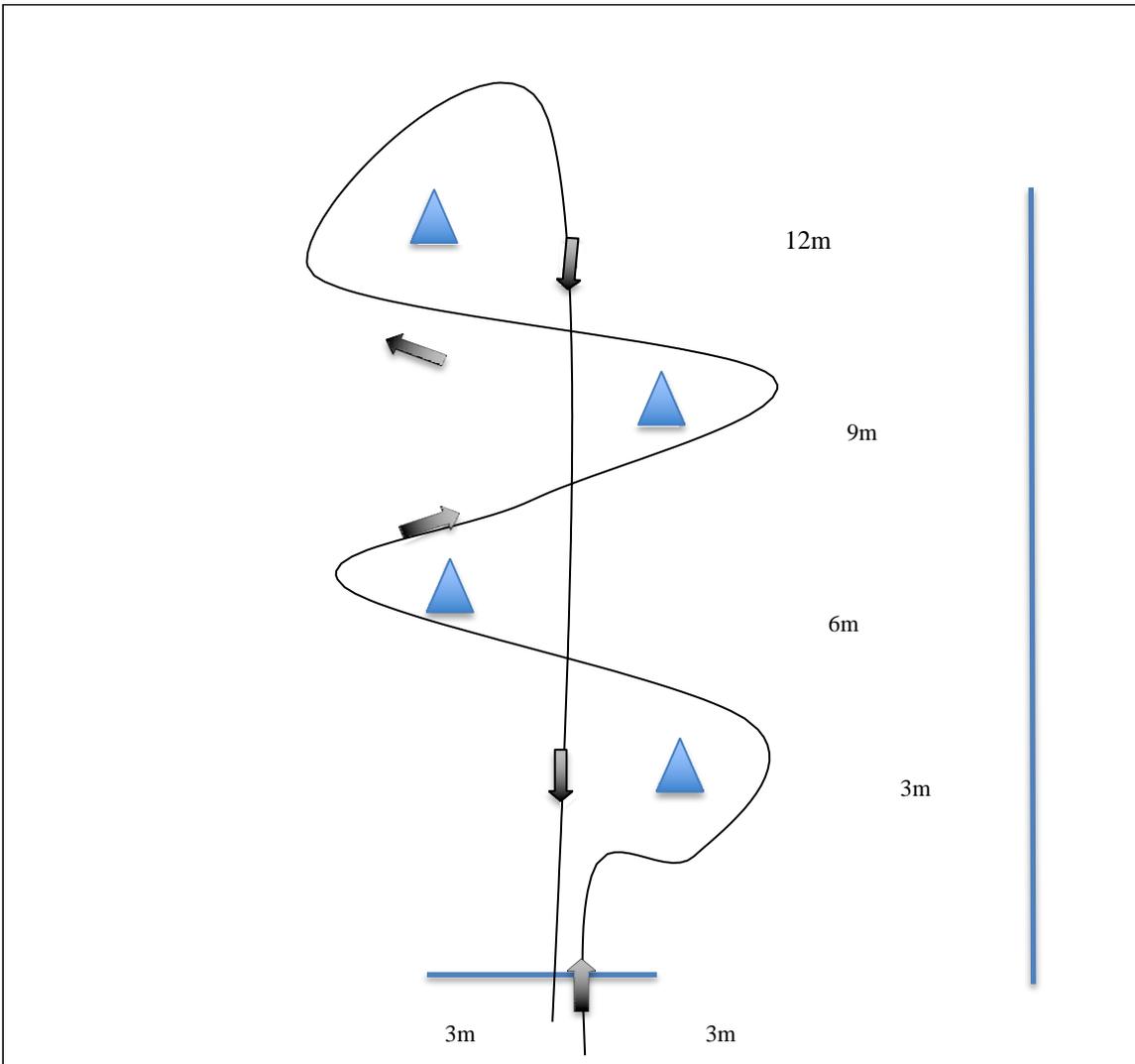
### **Typical Testing Protocols/Drills (2 attempts for each drill):**

1. 30m Forward w/o Puck
2. 30m Forward w Puck
3. 30m Backward w/o Puck
4. Weave Agility w/o Puck
5. Weave Agility w Puck
6. Transition Agility w/o Puck (not for novice)



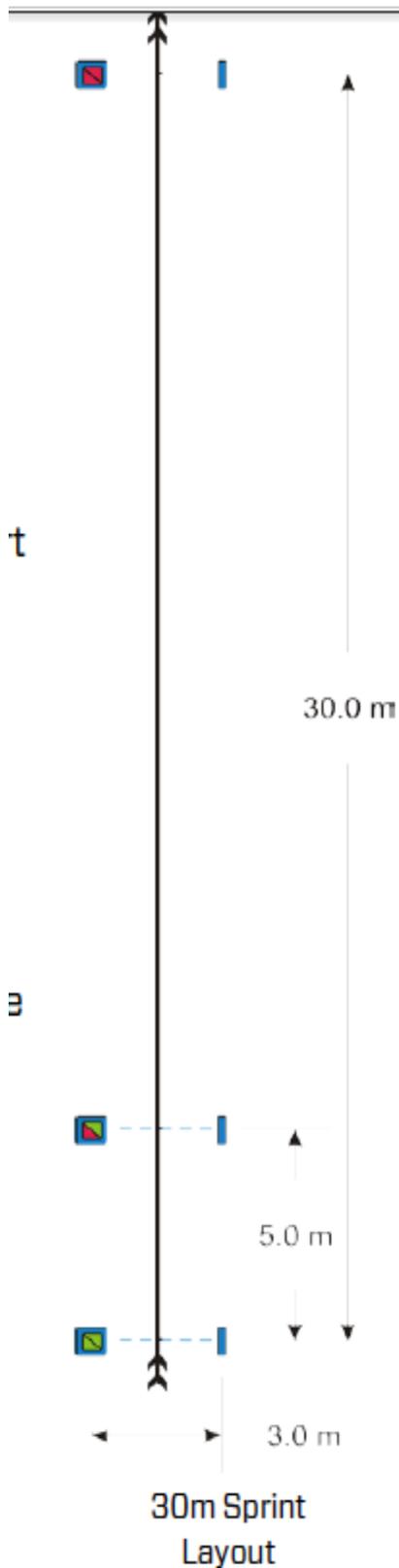
Transition Agility Layout

- **Transition Test (Atom-Pewee only) (25% Weighting)**
  - Purpose: To analyze an athlete's ability to transition from forward to backwards, and vice versa.
  - **Without puck.**



○ **Weave Agility Test (40% Weighting)**

- Purpose: To determine an athletes edge control and their ability to change direction at top speeds.
- **With and without puck.**
- **2 attempts each**



○ **30m Sprint (35% Weighting)**

- Purpose: To determine linear acceleration and top speed while forward and backwards skating.
- Time starts when athlete's torso breaks the gate and ends when they cross the final gate.
- There will be no 5 m time.
- Attempts: 2 per configuration.



## FAQ

- 1. How many attempts does each athlete get at each drill?**
  - a. Athletes get 2 attempts at each drill. Every athlete must get a minimum of one good attempt.
  - b. For example, if an athlete does a drill wrong, falls or is hindered in anyway on attempt 1, but does the drill correctly the second time, the second attempt will count.
  - c. If the athlete makes an error on both attempts, the athlete will get another attempt until the drill is done clean.
  - d. **In the case of any error, Fuel staff will communicate via radio and that time is disqualified.**
  
- 2. Does the wrist band have anything to do with how fast the time is?**
  - a. No. The only thing the wrist band does is identify the athlete at the start of every drill. The laser timing devices use Core Capture™ technology to ensure swift processing and trusted, standardized measurement that eliminates hand/stick breaks of the laser.
  
- 3. Athlete A got a running start, but the rest of the athletes had to start from a stand still.**
  - a. Fuel staff communicate that to the controller via radio, and that time is disqualified. See question #1 for procedures.
  
- 4. The light didn't go green at the start of the drill, did my time get recorded?**
  - a. In 99% of the cases, yes, the athletes time did get recorded properly, it is just the software working at full capacity, and for some reason that light doesn't turn green.
  - b. In the off chance that the technology didn't record the athletes attempt, this will not count as an attempt and the athlete will get another attempt.
  
- 5. The athlete did not skate as hard as they could have, what now?**
  - a. We inform each athlete at the start of every session to do their drill as fast as they can under control. Fuel staff will remind athletes of that through the sessions. It is up to the athlete to give 100% effort at every drill.

### Take Aways:

- Fuel Staff have constant radio communication with the controller in the case of any error.
- Although, from the eye of the parent in the stands, it might not seem as though there are procedures in place to track and record error, there is always eyes watching, constant communication and processes in place to mitigate the errors as much as we humanly can.



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