

UNIVERSITY OF ALBERTA
Faculty of Kinesiology, Sport, and Recreation



SPORT AND HEALTH
ASSESSMENT CENTRE

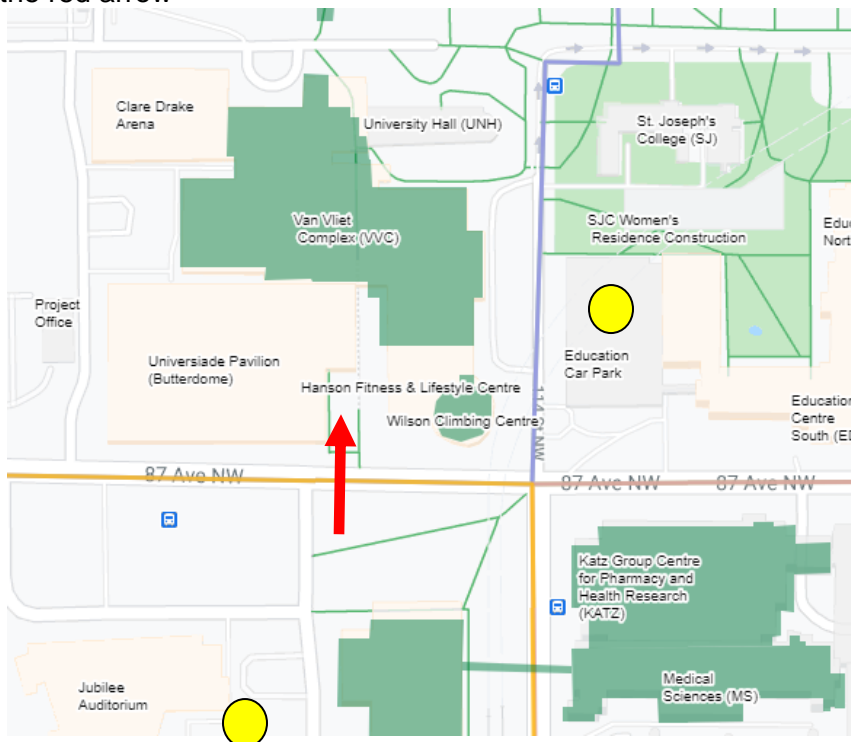
Preliminary Instructions for Fitness Testing

Please adhere to the following conditions for the appraisal:

- **Illness:** If you have any symptoms of Covid, been out of the province in the last 14 days, or been in contact with some with symptoms or illness please cancel your appointment.
- **Dress Requirements:** Please come changed in appropriate work out gear and bring a water bottle. There is a washroom available.
- **Food and Beverages:** Do not eat a large meal for at least two hours prior to your appraisal (snacks like fruit, granola bar are fine). Also refrain from drinking caffeinated beverages for two hours and alcoholic drinks for six hour prior to the appraisal.
- **Smoking:** Do not smoke during the two hours prior to the appraisal.
- **Physical Activity:** Strenuous physical activity should be avoided for six hours to 24 hours prior to the appraisal.

Our location:

SHAC is located at the University of Alberta 11440 87 ave. It is on the 2nd floor (Concourse level of the Pavilion (Butterdome)). Parking can be found in the Education and the Jubilee Car Parks (yellow dots). Currently the Butterdome doors are locked to general public. Please have the team meet 10 min before the appointment time outside the main entrance doors, shown by the red arrow



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