

## **BACK-SAVER SIT AND REACH**

1. Objective of the Back-Saver Sit and Reach
  - a. The back-saver sit and reach assesses hamstring flexibility for each leg.
  - b. This assessment is conducted by placing one foot flat against the test apparatus, bending the other leg, and reaching forward with both hands. The same procedure is repeated for the other leg.
2. Conducting the sit and reach
  - a. have the cadet remove their shoes and sit in front of the test apparatus;
  - b. have the cadet extend one leg fully with the foot flat against the face of the box;
  - c. have the cadet bend the knee of the other leg and place the sole of the foot flat on the floor; in line with, and 5–8 cm to the side of, the straight knee;
  - d. have the cadet extend their arms forward over the ruler with their hands placed on top of one another (as illustrated in Figure A6-2);
  - e. have the cadet, keeping the back straight and the head up, reach forward with both hands along the metre stick four times, holding the position on the fourth reach for at least one second (as illustrated in Figure A6-3). The cadet may allow the bent knee to move to the side as the body moves forward, but the sole of the foot must remain on the floor;
  - f. have the scorekeeper measure the distance the cadet reached. This measurement will be the score for one leg.
  - g. have the cadet repeat Steps b–f for the other leg.
3. Scoring the sit and reach
  - a. Scoring for the back-saver sit and reach is based on the distance the cadet can reach with their hands for each leg.

