

Sports Testing at Kameleonten

Test Implementation

Tests are primarily self-administered, with participants measuring and recording their own results. The standard test duration is 30 minutes. If multiple attempts are needed, the test should proceed efficiently.

The test fee includes the entrance fee and the reservation of the test area. Measuring tapes and other necessary equipment can be borrowed from the facility staff.

Booking Times

Slots start at xx:15 and xx:45, allowing 15 minutes for warm-up before the test. Example times: 19:45–20:14, 20:15–20:44, 20:45–21:14. On weekdays before regular sessions: 16:15–16:44, 16:45–17:14, 17:15–17:44.

Tests

Speed Test Standard

Two light gates 20 m apart. Results are displayed on the wall. Each measurement resets automatically after 16 seconds. Lanes 7–8 are reserved. Valid ticket or access pass required.

Speed Test Plus

Two fixed and two movable light gates. Allows measurement of multiple distances (e.g., 0–10 m, 0–30 m). Same rules as the standard test. Movable gates available from staff.

Jump Test

Conducted with a fixed light mat. Results shown on the control panel. Area around the mat is reserved. Valid ticket required.

Strength Test

Held in the strength corner. Exercises include pull-ups and leg raises. Two lifting spots remain available for others. Valid ticket required.

Jump Series Test

Conducted at the long jump area. Examples: standing jump, series, multi-jump. Southern long jump area is reserved. Measuring tape and platform available from staff.

Cooper Test

Held on lanes 1 and 2. Optional light pacer available. Caution for runners on lanes 3 and 4. Control tablet for pacer available from staff.

Agility Test

Uses one light gate and marking equipment. Area of 7 x 20 m in the southeast corner is reserved. Equipment available from staff.

Medicine Ball Throw Test

Held at the javelin throw area. Uses 2, 3, or 4 kg medicine balls. Max throw distance is 18 m. Measuring tape and ball available from staff.