

## Team Canada Senior B – Testing Schedule and Protocols

### Mandatory tests:

Test Results Due By:	Test Location	Test Procedure	Link to Submit Test Results and Video
December 11, 2022 (mandatory)	At a Regional Test Facility	<ol style="list-style-type: none"> <li>Within ~2 weeks of your planned test date, test your 1 rep max for Bench Pull/row and Bench Press at the facility of your choice (you're your 1RM lift)</li> <li>On your planned test day, arrive at facility, review facility protocols, weigh-in on approved facility scale.</li> </ol>	Test results: <a href="https://www.surveymonkey.com/r/25NSHL6">https://www.surveymonkey.com/r/25NSHL6</a>  Submitting additional results for a secondary paddling side?: <a href="https://www.surveymonkey.com/r/CCJ9WS7">https://www.surveymonkey.com/r/CCJ9WS7</a>  Video submissions (lifts and p-erg): <a href="https://www.dropbox.com/request/pls4YC1trbvG5J8LGJRD">https://www.dropbox.com/request/pls4YC1trbvG5J8LGJRD</a>
February 19, 2023 (mandatory)	At a Regional Test Facility	Test: 0:00 = P-erg 2:00 for distance 1:00 = P-erg 4:00 for distance 1:30 = Bench Pull, Max Reps 2:00 = Bench Press, Max Reps	Test results: <a href="https://www.surveymonkey.com/r/2BXZLQF">https://www.surveymonkey.com/r/2BXZLQF</a>  Submitting additional results for a secondary paddling side?: <a href="https://www.surveymonkey.com/r/CCSFHSB">https://www.surveymonkey.com/r/CCSFHSB</a>  Video: <a href="https://www.dropbox.com/request/pls4YC1trbvG5J8LGJRD">https://www.dropbox.com/request/pls4YC1trbvG5J8LGJRD</a>

### Testing Protocols:

Paddle Ergs must be KayakPro D1 ergs

- For women: drag = 60, kg = 45 women
- For men: drag = 60, kg = 68 men

Light Endurance Bench Press - 50% body weight, maximum reps until fail, must maintain a minimum speed of 1 rep per second

- Movement must be performed with full range of motion (chest to full extension)

Light Endurance Bench Pull, 50% body weight, maximum reps until fail, must maintain a minimum speed of 1 rep per second

- Movement must be performed with full range of motion (bench to full extension)

### Video Protocols:

For Bench Press and Bench Pull (both 1RM and 50% body weight) - film full test, ensuring that bar path and range of motion are easily observable

For P-erg – during 2' test, film two 20" videos. (Imagine the paddle erg is positioned on a clock face, with the paddler facing 12 o'clock, their back towards 6 o'clock.) One video section must be taken directly facing the paddler (12 o'clock position). The second video should be taken directly facing the paddler's paddle side shoulder (9 o'clock position for left side paddlers, 3 o'clock position for right side paddlers). The paddle, the paddler, and ideally the erg's swing arm should all be visible throughout the entirety of the videos.

**To Submit:** Your weight, rate and distance for each P-erg test, reps and weight lifted for bench press and row, the location where the test took place, the name and contact details of your test proctor/witness (note: your test proctor should be a coach, and cannot be another athlete trying out for the Senior B program.)

**Additional Challenges:**

1. By January 31, submit your 1RM deadlift weight. You can test this wherever you like. PLEASE use good lifting form, and know that good technique will impress coaches more than a great number. Post lift video and weight on Senior B Facebook group.
2. By March 31, submit your best 20" p-erg distance. You can test this wherever you like, but set weight and drag per testing protocols. Post picture of p-erg computer to Senior B Facebook group.