

### The 7 characteristics of an effective physical testing program for sailing

1. The variables which are tested must be directly relevant to sailing.
2. The test must be valid (test what it claims to), reliable and reproducible.
3. The testing procedures must be as specific to sailing (boat/position/actions) as possible.
4. The testing situation must be rigidly controlled.
5. Testing must be repeated at regular and appropriate intervals.
6. The testing must respect the athlete's human rights (including ethics, confidentiality and risks).
7. The results must be interpreted in understandable language directly to the athlete and coach.

### The 5 values of physical testing for sailors

1. They identify individual strengths and weaknesses and provide data for determining the baseline for training programs.
2. They provide feedback on the effectiveness of training programs.
3. They provide information on the athlete's current state of health.
4. They provide an educational process which teaches the athlete to understand more competently his or her body and the demands of sailing.
5. They inform the sailing coach what the sailor's physical performance profile is, so the coach can effectively manage the sailing training, direct training focus, and create a winning strategy to use the sailor's physical strengths and minimize their weaknesses.

*The most specific test of all is performance in an actual sailing event. All other tests have varying degrees of correlation with sailing performance or actions in sailing.*

Below are the Big 6 Basic (B6B) physical tests for Danish Sailors. The comprehensive battery of tests covers core strength/endurance, upper body pulling strength, leg strength/endurance, lower body flexibility, grip strength and cardiovascular endurance. The standard is placed above middle as far as difficulty and is pass/fail. Testing is repeated minimum 2x year and maximum 4x year. If an athlete fails a specific test they will be retested 2 months after. Specific training programs will be given to bring up the level of the failed test. Standards will be scaled up according to the team level. Additional "boat class specific standards" will be added (Hiking, trapeze test, spinnaker hoist, etc...) for specific boat classes.

	<b>Male</b>	<b>Female</b>
Plank (4 sides)	2:30	2:30
Wall sit at 90 deg	5:00	5:00
Chin ups for max reps	10	3
Squat flexibility test	Pass/Fail	Pass/Fail
1 arm hang on pull up bar	30s R&L	30s R&L
3200m timed run	13:30 min	14:00 min