

# CensusAtSchool 2015/2016 Questionnaire

## Guide to Taking Measurements



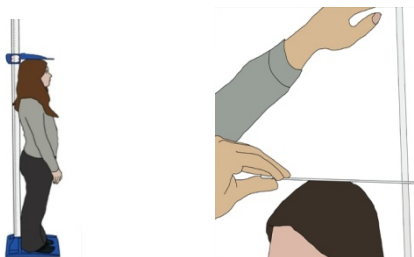
### Note:

Before completing the online questionnaire, students will need to record the measurements listed below. It is a good idea to do this in pairs.

### Height

Answer to the nearest tenth of a cm (i.e. nearest millimetre).

- Fix a 2½ metre tape measure vertically to the classroom wall.
- Take your shoes off. Stand with your back to the wall against the tape measure.
- Get your partner to take a text book and place it on the wall above your head. Make sure the spine of the book is flush against the wall.
- The partner slides the book down until it touches the person being measured head.
- Your partner reads the height off the tape measure (to the nearest mm). The height is shown by looking at the bottom of the spine of the book.



### Arm span

Answer to the nearest tenth of a cm (i.e. nearest millimetre).

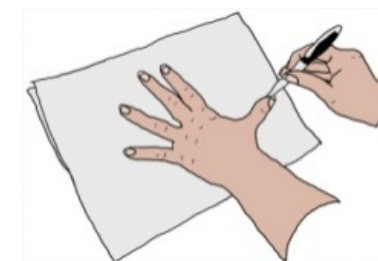
- Fix a tape measure horizontally to the wall or whiteboard.
- Stand with your back to the whiteboard.
- Raise both your arms until they are at right angles to your body.
- Place one set of fingertips at the beginning of the chart/starting point for the measurement.
- Get your partner to read the arm span measurement (to the nearest mm) off the board or chart. Or mark on the whiteboard the end point and measure the distance



### Hand Span

Answer to the nearest millimetre.

- Place your right hand spread open on a piece of paper.
- Mark where the thumb ends and the tip of the little finger.
- Use a ruler to measure the distance between these points.



**Note:**

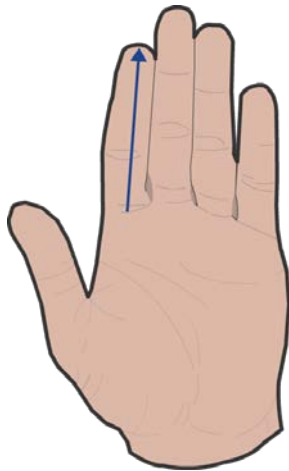
It is tricky to measure your fingers accurately without callipers but it can be done with a ruler. Another good way is to scan or photocopy your hand.

These measurements are probably best done by yourself but get your partner to help you if you find it difficult, regardless you should let your partner check the measurement for accuracy.

**Left Index Finger**

Answer to the nearest millimetre.

- Straighten your fingers, while keeping them together. Your palm should be facing you.
- The index finger often has a single well defined crease near the base. Pick a point midway across the finger. This is your start point, it may help to mark this point with a pen but this is not necessary.
- Using the ruler measure from this point to the tip of the finger.
- Note that often the index finger will not be straight but at a slight angle. You may have to angle the ruler a fraction.
- While keeping the ruler still it can help to tip your whole hand to the side so you can eyeball the end measurement more closely.
- Get your partner to check the measurement.

**Left Ring Finger**

Answer to the nearest millimetre.

- Straighten your fingers, while keeping them together. Your palm should be facing you.
- The ring finger often has a band of creases near the base. Select the crease nearest to your palm and pick a point midway across the finger. This is your start point, it may help to mark this point with a pen but this is not necessary.
- Using the ruler measure from this point to the tip of the finger.
- While keeping the ruler still it can help to tip your whole hand to the side so you can eyeball the end measurement more closely.
- Get your partner to check the measurement.

