

## AUTHENTICATING WITNESS

27<sup>th</sup> September 2003

## MORNING CHECKSHEET

Most Straitjacket Escapes

### ADMIN TABLE

- Sign in using the Event Logbook
- Read through the rules provided by Guinness World Records (GWR)
- Sign the GWR Agreement Forms

### WEIGHING IN

In order to ensure the Straitjackets used during this attempt are correctly sized, it is necessary to make a note of the participant's weight, then compare the weight against the chart provided by the manufacturer on the Straitjacket (copy of chart provided below for reference).

**WEIGHT (lbs):** \_\_\_\_\_

Trim Colour	Size	Weight (lbs)
White	XS	60-90
Red	S	80-120
Green	M	110-155
Yellow	L	145-190
Blue	XL	180-230
Black	XXL	220-275

### **EQUIPMENT CHECK**

#### Stopwatch

- A Casio HS-3 Stopwatch has been provided for the official time.

The Straitjackets used today are size **Large**, and have a **Yellow Trim** around the collar.

#### Straitjacket1

- Yellow Trim around Collar
- Front loop for arms
- Two side loops
- Check down sleeves to ensure there is nothing there
- Four back straps in place
- Crotch strap in place

Signature: \_\_\_\_\_

## **AUTHENTICATING WITNESS**

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### **Straitjacket2**

- Yellow Trim around Collar
- Front loop for arms
- Two side loops
- Check down sleeves to ensure there is nothing there
- Four back straps in place
- Crotch strap in place

### **PEOPLE CHECK**

The following people must be present prior to the start.

- Witness 1 (Event logger)
- Witness 2 (Event logger)
- First Aider (Provided by St Johns Ambulance)
- Authenticating Witnesses present

### **OFFICIAL START:**

- Straitjacket Strapped on
- Checksheet filled out
- Countdown from 10
- Stopwatch started
- Please note time of start on your own watch: \_\_\_\_\_

Please sign the bottom of both of these sheets. They will be provided as part of the record that the rules were followed.

Print Name: \_\_\_\_\_

Signature: \_\_\_\_\_