Annex A Printable step-by-step setup checklists

One checklist per technology. Tick each step. The numbers match the steps in chapters 3 to 5.

A.2 Wearable sensors

#	Once, before the first session	Done
1	System chosen; FIFA EPTS test report read if listed	☐
2	One numbered unit per player, recorded in the player list	☐
3	Each player's measured maximum heart rate entered	☐
4	Speed zones written down for the season	☐
5	Unit model and firmware version in the log	☐
#	**Before every session**	**Done**
6	Units and straps charged the day before	☐
7	Session created and split into drills, standard name	☐
8	Vests fitted tightly; unit on the upper back	☐
9	Units switched on outdoors; satellite lock before start	☐
#	**After every session**	**Done**
10	Data downloaded; signal quality checked; poor sessions marked	☐
11	Indoor sessions labelled "indoor"	☐
12	Session-RPE collected from every player	☐
13	Units on charge; data stored under access rules	☐

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