

Lactate assessment checklist and results

REVIEW DRAFT - DO NOT SIGN OR USE FOR CLIENT TESTING

Coach-only adult session record; no preset exercise prescription

Participant name or agreed record ID

Assessment date / record date (YYYY-MM-DD)

Provider: confirmed legal contracting name (complete before approved use)

Explaining professional / operator name and role

Session location and proposed activity

Competent, authorized sampling operator and role

Screening, follow-up, exercise/sampling consent and privacy record references

Current symptoms/preparation reviewed, restrictions and decision rationale

Verified venue emergency plan, contact record and recovery supervision

Exact meter model/ID and current instructions/version

Strip lot, expiry/opened/discard dates and storage review

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Control levels/lots/expiry, required ranges, actual results, times and operator

Quality-control decision

- ☐ Pass
- ☐ Fail - do not test
- ☐ Unresolved - do not test

Do not test with failed or unresolved quality control. Resolve and document the cause and acceptable controls under the current instructions. Keep control measurements separate from participant samples.

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Protocol and safety checks

Individual protocol/version: sport, warm-up, stage length, increments and units

Finger preparation, sampling pause/window, delay rule and repeat-sample rule

Individual stop criteria and recovery plan

Lancets/PPE/sharps/waste/cleaning and disinfection SOP checked

☐ Sampling is performed safely by the designated operator with exercise stopped or the athlete securely supported; no self-lancing while moving.

☐ The actual screening follow-up and exercise/sampling choices were reviewed before proceeding.

Conditions: temperature/airflow, preparation, workload equipment/calibration and baseline observations

Finger sampling only in this template. Do not assume earlobe sampling is supported. No workload progression, maximal endpoint or universal 2/4 mmol/L threshold is prescribed. Use a protocol appropriate to the athlete and operator's scope.

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Stage records 1 and 2

Stage 1 (leave unused stages blank)

Actual start/time zone, duration, workload value and units

HR (bpm), RPE value and scale, symptoms/observations

Sample time, delay from stage end (seconds), finger/site and lactate (mmol/L)

Error/repeat/exclusion reason, original reading retained and deviations

Stage 2 (leave unused stages blank)

Actual start/time zone, duration, workload value and units

HR (bpm), RPE value and scale, symptoms/observations

Sample time, delay from stage end (seconds), finger/site and lactate (mmol/L)

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Stage records 3 and 4

Stage 3 (leave unused stages blank)

Actual start/time zone, duration, workload value and units

HR (bpm), RPE value and scale, symptoms/observations

Sample time, delay from stage end (seconds), finger/site and lactate (mmol/L)

Error/repeat/exclusion reason, original reading retained and deviations

Stage 4 (leave unused stages blank)

Actual start/time zone, duration, workload value and units

HR (bpm), RPE value and scale, symptoms/observations

Sample time, delay from stage end (seconds), finger/site and lactate (mmol/L)

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Stage records 5 and 6

Stage 5 (leave unused stages blank)

Actual start/time zone, duration, workload value and units

HR (bpm), RPE value and scale, symptoms/observations

Sample time, delay from stage end (seconds), finger/site and lactate (mmol/L)

Error/repeat/exclusion reason, original reading retained and deviations

Stage 6 (leave unused stages blank)

Actual start/time zone, duration, workload value and units

HR (bpm), RPE value and scale, symptoms/observations

Sample time, delay from stage end (seconds), finger/site and lactate (mmol/L)

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Stage records 7 and 8

Stage 7 (leave unused stages blank)

Actual start/time zone, duration, workload value and units

HR (bpm), RPE value and scale, symptoms/observations

Sample time, delay from stage end (seconds), finger/site and lactate (mmol/L)

Error/repeat/exclusion reason, original reading retained and deviations

Stage 8 (leave unused stages blank)

Actual start/time zone, duration, workload value and units

HR (bpm), RPE value and scale, symptoms/observations

Sample time, delay from stage end (seconds), finger/site and lactate (mmol/L)

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Cessation, recovery and interpretation

Stop stage/time and reason; participant request, symptoms or equipment issues

Recovery observations with times, actions and supervision/handoff

Incident/exposure record reference if needed; minimum details here

Interpretation method and protocol-dependent findings; uncertainty and exclusions

Reviewed training implications, follow-up and need for further evaluation

Report recipient, authorized method/date and separate zone-review decision

Responsible reviewer name and date

No automatic thresholds, medical clearance or TrainingPeaks import are produced by this form. Eight optional rows are recording capacity, not a required eight-stage test. Use a separately identified continuation record if needed.