

RATING OF PERCEIVED EXERTION (RPE)



10 POINT SCALE

developed by Foster et al. 1998* is a global measure of perception of intensity for training and physical activity.

To align with the Chief Medical Officer Health Order CMOH 04-2021 definition of “low-intensity”, participants 19 years of age or older should

**NEVER GO OVER
3**

at any point in the workout/session.

This also means that no element, technique or skating interval should be rated as >3.



✓ ALLOWED

- | | | |
|---|-----------|-----------------------------------------------------------------------------|
| 0 | Rest | Not skating. |
| 1 | Very easy | Doing an activity and able to carry on a conversation with no interruption. |
| 2 | Easy | |
| 3 | Moderate | Easy to breathe. |

✗ NOT ALLOWED

- | | | |
|----|-----------------|-----------------------------------------------------------------------|
| 4 | Somewhat hard | Breathing rate is increased and could only hold a short conversation. |
| 5 | Hard | |
| 6 | | |
| 7 | Very hard | Shortness of breath. |
| 8 | Very, very hard | |
| 9 | Nearly maximal | |
| 10 | Maximal effort | Maximal activity or element. |