

## MyWhoosh Power Passport Test Guide

### Step 1: Why the Power Passport Test Matters

The Power Passport Test is mandatory for all new Sunday Race Club (SRC) riders. It ensures fair competition by categorizing riders based on their power profiles and verifying their data.

For more details see ruleset [here](#).

All the requirements can be submitted through the [Pre-Verification Form](#) by selecting **Power Passport Test** in the drop down.

### Step 2: Test Requirements

To complete the Power Passport Test, ensure your equipment is calibrated correctly and follow these steps:

#### 1. Prepare Your Hardware and Height Video

- Record a video showing your height measurement.
- Ensure your equipment setup is fully visible.

#### 2. Show Your Surroundings and Equipment

- Before starting the workout, record your entire surroundings and connected equipment.
- Make sure your hardware is not connected to MyWhoosh or any other application.

#### 3. Connect Hardware on Video

- While recording, connect your primary and secondary power sources and heart rate monitor to MyWhoosh.

#### 4. Select the Power Passport Test

- Navigate to Workouts → Testing and select the MyWhoosh Power Passport Test.
- Ensure your FTP in the app is an accurate estimate to set correct test increments.

#### 5. Perform the Workout

- Keep the camera positioned to show both the screen and yourself throughout the workout.
- Complete the full test without skipping any intervals.

#### 6. Save and Upload

- Save your ride and select upload in the MyWhoosh app.

#### 7. Record and Upload the Weigh-in Video

- After completing the test, record and submit your weigh-in video.
- Stop the recording and upload the video to YouTube as 'Unlisted'.

## 8. Submit Your Test Details

- Once the video is uploaded, email [racecontrol@mywhoosh.com](mailto:racecontrol@mywhoosh.com) with the date and time of the test completion and video upload.
- The 'Unlisted' YouTube link will be shared through the [Pre-Verification Form](#)

### Step 3: Accuracy & Compliance

- Ensure that **all details match your MyWhoosh profile.**
- Any discrepancies may result in **re-categorization, suspension, or disqualification.**
- Riders may be required to redo the test periodically to maintain racing integrity.

### Step 4: Need Help?

For assistance, contact [support@mywhoosh.com](mailto:support@mywhoosh.com).

**NOTE:** The Power Passport Test is mandatory for all new Sunday Race Club (SRC) and remains valid for 3 months only. MyWhoosh may request a Power Passport Test from any rider if deemed necessary.