WIAA Wrestling Weight Management Assessor Training

18-19 Season
History of Weight Management

• 1997 three college wrestlers died while engaged in unsafe "weight loss" activities.

• The NCAA Medical Advisory Committee established and mandated a comprehensive weight certification program to safeguard wrestlers.

• The WIAA does not advocate that a wrestler's established minimum is the athlete's best weight at which they will be allowed to compete.

• Weight Management Program was started in Washington during the 2007-08 wrestling season.
COMPONENTS OF WEIGHT MANAGEMENT PROGRAM

• Preseason Assessment For:
  – Weight
  – Hydration
  – Body Fat (Skinfoil, BodPod)
  – Re-Assessment

• To Establish:
  – Minimum Wrestling Weight
  – Safe Weight Loss Plan
  – Daily Nutrient Goals
Assessment Dates for 18-19 School Year

- Initial Assessments can start on October 29, 2018
- Last Initial Assessment or Reassessment must be completed and in the system Monday 1/21/2019.
• The new assessor log-in and password will be provided to assessors after application is received from school AD.

• Log-in and password should only be used by the assigned user.

• If login and password is compromised change password and report to wwwmp@wiaa.com.

• Completed assessment are required to be entered in the system within 48 hours of the assessment being completed.
• Any misspelled names or typographical errors must be corrected by the WIAA. Email corrections to wwwmp@wiaa.com.

• Only one assessment can occur in a 24 hour period.

• The school shall see that all charges are paid upon completion of the assessments. WIAA assessors may charge up to $5 per assessment. If a wrestler fails the hydration component of the assessment, this is still considered an assessment and payment is required.
ASSESSOR PREPARATION FOR ASSESSMENTS

• Confirm date, site, time of assessment and approximate number of wrestlers.
• Confirm adequate facilities.
• Confirm assessment equipment:
  – Remind Coach that they must enter wrestlers and print out DATA COLLECTION FORMS.
  – Collection Cups
  – Digital Refractometer
  – Digital Scales
  – Lange Skinfold Calipers
  – Latex gloves
  – Tape measure
  – Writing utensils
  – Additional support staff as needed.
Once the assessment begins the wrestler must remain in the assessment area and not leave until dismissed by the assessor.

• Step 1. Data Collection Form – Photo ID Check
  – Assessor will ask the wrestler if this is their first assessment for this year.
  – If this is the first assessment, check the initial box.
  – If the wrestler has had an assessment before, check the re-assessment box.
  – Wrestler will provide the assessor with photo id. Check ID type provided.
  – Assessor will compare the name with the ID to verify that spelling is correct.
  – Assessor will ask the wrestler to state their grade level and verify the form is correct.
  – Assessor will check to make sure the gender is correct on the form.
ASSESSMENT REQUIRED PROCEDURES
ID CHECK

Check spelling of the first and last name.
Grade level.
ASSESSMENT REQUIRED PROCEDURES

• Step 2: Hydration Measurement
  – Direct wrestlers to be in proper assessment attire.
    • A school issued wrestling uniform with bare feed.
  – Have wrestler state their name and check it against DATA COLLECTION FORM.
  – Provide the wrestler with a numbered collection cup.
  – Advise wrestler to fill collection cup ½ full with a clean catch (mid stream)
  – Hydration supervisor should be within close proximity to ensure integrity of sample.
  – Test sample with refractometer and record specific gravity to three decimals. Pass = 1.025 or lower, Fail = 1.026 or higher.
  – If the wrestler fails to pass the hydration measurement, dismiss them from the measurement area.
  – If the wrestler passes the hydration measurement, send to skinfold measurement area.
ASSESSMENT REQUIRED PROCEDURES
HYDRATION PROCEDURE

Collection should be mid-stream, 2 oz
Assessment of Hydration Instrument
ASSESSMENT REQUIRED PROCEDURES

• Step 3: Assessment of Body Weight
  – Digital scale must be used to determine weight during the assessment
  – All wrestlers must be in school issued wrestling uniform with bare feet.
  – Wrestlers may not weight in with extra clothes on, or nude.
  – Assessor records weight on the DATA COLLECTION FORM to the nearest tenth of a pound.
  – Wrestler initials DATA COLLECTION FORM to ensure accuracy of report.
  – Wrestler continues to the skin-fold measurement site.
ASSESSMENT REQUIRED PROCEDURES

Assessment of Body Weight

Please note: as of the 17-18 season “a school issued wrestling uniform is proper attire”
ASSESSMENT REQUIRED PROCEDURES

• Step 4: Assessment of Body Composition
  – Lange Skin-fold calipers must be used
  – Male wrestler will be measured in 3 location: the TRICEP, ABDOMEN and SUBSCAPLAR.
  – Female wrestler will be measured in 2 location: the TRICEP and SUBSCAPULAR,

Generally the assessment process will take no longer than 15 minutes. No Wrestling Coaches, assistant wrestling coaches, or anyone associated with the wrestling program are allowed to be in the testing facility or input any date.
Lange Skin Fold Calipers
As shown below, the goal is to measure a double fold of skin and subcutaneous tissue (with sides of skin fold approximately parallel). The thicker the fat layer, the wider the fold.
Basic Rules for Taking Skin Folds

Take skin fold measurements on the right side of the body (most skin fold equations were developed from measurements on the right side).

Do not take measurements when the subject's skin is moist (ensure that the skin is dry, and has no lotion). Also do not take measurements immediately after exercise.

To reduce error all assessors need to precisely determine, mark, and verify site using a soft tape and marker. The largest source of error in skin fold testing is inaccurate site selection.
Skin Fold Rules (continued)

Firmly grasp the skin fold with the thumb and index finger of the left hand, and pull away.

Hold the caliper in the right hand, perpendicular to the skin fold and with the skin fold dial facing up and easily readable. Place the caliper heads $\frac{1}{4}-\frac{1}{2}$ inch away from the fingers holding the skin fold. Try to visualize where a true double-fold of skin thickness is, and place the caliper heads there.
Read the caliper dial to the nearest 1 millimeter (must be whole number) within 4 seconds. During the measurement, ensure that the left thumb and forefinger maintains the shape of the skin fold.

Take a minimum of 3 measurements at each site (at least 15 seconds apart).

If you are left-hand dominant you will need to switch hands used in these instructions.

Males will be tested on three (3) sites

- Triceps, Abdomen, Subscapular

Females will be tested on only tricep and subscapular area.
Triceps Skin Fold
Vertical fold on posterior aspect of arm, midway between lateral projection of acromion process and inferior margin of olecranon process. Flex the elbow to 90 degrees to identify the landmarks.
Abdomen Skin Fold Site

Vertical fold, one inch to the right side of and \( \frac{1}{2} \) inch below the navel.
Subscapular Skin Fold
Diagonal fold just below the inferior angle of scapula.
ASSESSMENT REQUIRED PROCEDURE
Assessment of Body Composition

Measure and mark the three point for taking measurements.
DATA ENTRY REQUIRED PROCEDURES

• Step 1: Data from DATA COLLECTION FORM must be entered within 48 hours of the assessment.
  – Log-in the OPC website:
  – Use Login-Id and password provided.
  – If you have forgotten your password, use the link on the bottom of the screen to request an email to reset your password.
  – If you still need assistance, send an email to wwwmp@wiaa.com.
DATA ENTRY REQUIRED PROCEDURES

Assessor Log in Screen
Select the 2018-19 Boys or Girls

- 2018-19 College Men
- 2018-19 College Women
- 2018-19 High School Boys
- 2018-19 High School Girls
- 2018-19 Middle School
- 2017-18 College Men
DATA ENTRY REQUIRED PROCEDURES

IF YOU FORGET YOUR PASSWORD, CLICK ON FORGOT PASSWORD LINK UNDER THE NWCA LOGO
DATA ENTRY REQUIRED PROCEDURES

• Step 2: Assessor Log-in and Select the School
DATA ENTRY REQUIRED PROCEDURES

Click on “Add Transaction”
Your name will show up in the assessor box and Transaction Mode should be live.

Click on “Add”
Select the wrestler from the drop down box. Verify the Assessment Date is correct.

Enter the Specific Gravity reading, then click on next.
Enter the Assessment Weight. You are required to enter it twice. Then enter the skinfold measurements. There is no reason to enter a comment, unless there was something you wanted to note about this assessment. Then click “Next”.

![Weight Certification Form]

- **Assessment Weight**: 125.6, 125.6
- **Tricep**: 15, 15, 15
- **Subscapula**: 10, 10, 10
- **Abdominal**: 12, 12, 12
- **Comments**: * comments
You have finished the entry for one wrestler. If you have another wrestler for the same team, click on Next Wrestler”. Continue with entry.
Before committing a transaction you can review your data entry and make corrections. Click on the wrestler's name to make corrections.
Make the corrections on the entry, then click on recalculate button and then the save button in that order.

<table>
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<th>Wrestler</th>
<th>Test, Bob</th>
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<tr>
<td>Measure Date</td>
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<tr>
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<tr>
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<td>1.022</td>
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<tr>
<td>Passed Hydration</td>
<td>Yes</td>
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<tr>
<td>Appeal</td>
<td>No</td>
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<tr>
<td>Measure Type</td>
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<tr>
<td>Weight</td>
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<tr>
<td>Subscapula</td>
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<tr>
<td>Abdominal</td>
<td>12.0</td>
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<tr>
<td>Physician Clearance</td>
<td>No</td>
</tr>
<tr>
<td>Comments</td>
<td></td>
</tr>
</tbody>
</table>
DATA ENTRY REQUIRED PROCEDURES

If your entries are all correct, click on the “commit”. After they are committed you can not make changes.
Important: First time log in to OPC

1. An account has been set up for you with the email address we have on record.

2. Goto the OPC log-in page from WIAA Wrestling home page and click on Assessor Log In.

3. Use the forgot password link to enter your email address.

4. You will receive an email from OPC with a link to click on to log in and change your password.

5. You will also want to note your UserName when updating your password.

6. When entering female assessment you will need to log in to the 2018-19 High Schools Girls
Weight Management Program Changes

- Remember to use only the “Data Collection Form” printed by coach from the OPC.
- Only school issued uniform can be used a proper attire for assessments.
- If you have any questions please feel free to ask.
- Only scanning and emailing of Data Collection Forms is allowed.
- If you experience any data entry problems please report them.
- All questions and concerns should to the Weight Management Program Staff at the email below: wwwmp@wiaa.com
- Completion Link https://docs.google.com/forms/d/e/1FAIpQLSf72GxFu_TGSFk_Ostx4Dr6_8NDfj-ouaQ2pcTaYTV8JkTp5g/viewform

Thank you and have a great season.