



Washington Wrestling Weight Management Program

ASSESSOR CHECKLIST

Materials Checklist

- Data collection forms (coaches responsibility)
 - Receipt Book
 - Digital Refractometer (wrestling specific)
 - Pipettes or Small Stir Straws (extracting urine sample for refractometer)
 - Digital Scale (Annually Certified)
 - Lange Calipers
 - Soft Tape measure (consistently locate proper skin fold sites)
 - Markers –
 - Water Soluble Markers– mark skin fold site)
 - Permanent Markers – Black (for cups) & Red (indicate failed hydration with Red marker)
 - Rubber/Latex Gloves
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Data

- Identification – Confirmed with ID
Name, Grade, School, Gender
 - Hydration – Pass / Fail (Indicate Fail in Red)
 - Weight – Record Weight to nearest tenth (Digital Scale Use Only)
 - Skin Fold Measurement – Record to nearest whole number.
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Collection Procedures

1. Check Identification and collect assessment fee (optional).
2. Make sure coaches are not in the testing area and not involved in the assessment process or data collection/input process.
3. Make sure all athletes are in a school issued wrestling uniform. If necessary to access skinfold measurement points, female athletes should wear a sports bra. No one will be naked throughout the assessment process.

4. **Hydration Test**

Athlete fills cup partially (about ½” to 1” max in bottom of cup) mid stream.

1.025 = pass reading for refractometer (above 1.02599 = failed hydration test)

Pass Hydration  continue test

Failed Hydration  collect data sheet and athlete is finished

Failure of the hydration test does not constitute an assessment.

Once the athlete passes the hydration test they must complete the assessment without any weight loss activities (exercise) and must be completed within 15 minutes or less.

5. **Weight**

Weight is recorded to nearest tenth with digital scale. Wrestler initials recorded weight.

Athletes will be weighed in their school issued wrestling uniform.

6. **Skin Fold**

Triceps Skinfold –

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.

Abdominal Skinfold –

Vertical fold, one inch to the right side of and ½ inch below the navel. The Jackson-Pollock procedure uses a vertical fold 2 cm to the right of the umbilicus.

Subscapular Skinfold –

Diagonal fold just below the inferior angle of scapula. Have the athlete place their arm behind their back to make the anatomical features more prominent. All skin fold measurements are recorded to the nearest whole number

Only one assessment/re-assessment may occur during a 24 hour period. The athlete may not re-assess with-in 24 hours of the assessor’s entry into the OPC website. Failure of the hydration test does not constitute an assessment.

Assessment shall not be conducted by any active wrestling coach at any level or persons connected to the wrestling program, nor are coaches allowed in the assessment area.

If you have any questions, contact:

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