

# **WRESTLING HYDRATION AND CERTIFICATION PRESENTATION**

# OBJECTIVE

To provide clear and consistent procedures

# DEFINITION OF ASSESSOR

1. Health care professional that has been certified by the NJSIAA
2. Independent Assessor – A certified NJSIAA Assessor not employed by the school but hired to do assessment

# PROFESSIONAL RESPONSIBILITIES/PRIVACY

When an individual is registered with the NJSIAA as an Assessor there is an automatic concern for professional responsibility. There is an expectation of the highest professional and ethical conduct relative to performing assessments on young wrestlers in New Jersey. These young wrestlers should be treated with the highest regard for their “right to privacy” and for the confidentiality of all data collected on them for this program. As an NJSIAA Certified Assessor you are expected to conduct yourself in a manner such that there will be no question about your positive contribution to the participants in the sport of wrestling. There will be times when professional judgment will be involved to clarify and validate the assessment process; the greater the depth of your understanding of body composition assessment, the better your ability in representing NJSIAA, serving our student-athletes and administering the program in a professional and consistent manner. Assessors are expected to conduct themselves in a manner above reproach in regards to the professional standards of those working with athletes. There will be times when professional judgment will be necessary to clarify and validate the assessment process.

# INITIAL TESTING DATES

May start November 7

End date December 16

All wrestlers must be tested by the NJSIAA Certified Assessor hired/assigned by the school. At no time can a coach/parent/athlete choose which Assessor is to perform the assessment.

**SITE MANAGER MUST BE  
PRESENT**

# RETESTING

Must wait 48 hours between testing

All wrestlers must be retested by the NJSIAA Certified Assessor hired/assigned by the school. At no time can a coach/parent/athlete choose which Assessor is to perform the retesting.

**SITE MANAGER MUST BE PRESENT**

# **FEES**

- 1. Fees for Assessors within the school are to be worked out between the school administration and Assessor**
- 2. Independent Assessors – the schools will be responsible to pay \$65.00 per unit. Each unit is 2 ½ hours**
- 3. There is a \$5.00 fee for retesting for all Assessors**

# **SITE DIRECTORS RESPONSIBILITIES**

- 1. Coordinate times for testing and retesting with Assessor**
- 2. Distribute hydration information and diet tips to wrestlers**
- 3. To be present at Site**
- 4. Collect paperwork prior to testing to be given to Assessor**
- 5. Collect paperwork after testing**
- 6. Supervise athletes and personnel during hydration testing**
- 7. Available to Assessors with concerns regarding testing**
- 8. Report any questionable conduct to NJSIAA**

# **COACHES RESPONSIBILITIES**

- **1. Input rosters on NWCA website**
- **2. Download all Minimum Weight Certificate – Individual Forms for all wrestlers to be given to Assessor by deadline set by Site Manager and Assessor**

# WRESTLER DECEPTION

If it is determined a wrestler has purposely attempted to falsify any results, it is considered to be a flagrant misconduct resulting in a two game/tournament suspension

Retesting will be according to the retesting guidelines

Report any suspected deception to Site Manager

**ASSESSOR INSTRUCTIONS  
FOR THE NWCA OPTIMAL  
PERFORMANCE  
CALCULATOR PROGRAM  
(OPC)**

**Website to enter data:  
[www.nwcaonline.com](http://www.nwcaonline.com)**

# COMPUTER INPUT AREA

1. Private room with 1 or 2 desks with chairs
2. 1 or 2 computers with internet access
3. 1 or 2 people to input data

**SUPPLIES**  
**RESPONSIBILITY OF**  
**ASSESSMENT SITE**

1. Tanita TBA Model 300WA scale
2. Refractometer
3. Latex or rubber gloves – do not have to be changed after every hydration test
4. Paper cups
5. Stir straws or pipettes for obtaining drops of urine
6. Towels to clean feet
7. Tissues to wipe clean the refractometer between testings
8. Tape measure – cloth and 1 foot ruler
9. Right angle square – used for accuracy in measuring height
10. Masking tape
11. Clipboards or suitable hard surface on which athletes can complete their forms
12. Extra rolls of thermal tape for readout unit
13. Extra individual Profile Forms

14. Black pen, pencil and black marked
15. Stapler and staples
16. Hand sanitizer
17. Disinfectant cleaning spry for cleaning scale
18. Eye shields/face shields – optional
19. Food coloring or tidy bowl or dry urinals to protect the integrity of the sample
20. Administrator to oversee taking of urine samples – need at least one female administrator present
21. Computer(s)
22. Tables
23. Chairs

# CALIBRATING REFRACTOMETER

The refractometer should be calibrated just prior to the state of testing.

Recalibrate as recommended by the manufacturer.

# STAGING AREA

- Provide a staging area (gym) for athletes for the following:
  - 1. To change into t-shirt and shorts or singlet. Underwear or boxer-type briefs may not be worn as outerwear
  - 2. To check paperwork

# HEIGHT

## SUPPLIES

### Check Paperwork

1. Cloth tape measure – taped to wall
2. 1 foot ruler
3. Black pens
4. Table
5. Chair

# HEIGHT PROCEDURES

- 1. Make sure athlete is standing straight with heels, calves, buttock, upper back and head touching the wall – make sure both knees are straight
- 2. Measure to half inch – round down to the half inch
- 3. Use a ruler level on the top of head to measure
- 4. Record with ink pen on form

# TANITA SCALE AREA

- Large Area for the following:
  - 1. One or two 6-8 foot long tables and two chairs
  - 2. Electrical outlets for tanita scales and extension cords if needed
  - 3 Two tanita scales with ample paper and wipes for scale

# SCALE SETUP

- 1. Place scale on the ground making sure level bubble is centered
- 2. Turn the machine on only when it is level
- 3. Enter 1.0 for clothing allowance

# % BODY FAT CALCULATION

- 1. Male athletic mode – set at .07
- 2. Female athletic mode – set at .12

# SCALE INPUT PROCEDURE

## MALES

- 1. Select male athlete
- 2. Enter heights in feet and inches
  - (3 numbers must be entered, i.e., 5'5'0')
- 3. Enter goal of .07 (7%)
- 4. When weight reads -1.0 and indicating arrow is pointing to set up, wrestler may step on scale
- 5. Wrestler must remain completely still while on the scale until print out begins

# SCALE INPUT PROCEDURE FEMALES

- 1. Select female athlete
- 2. Enter heights in feet and inches
  - (3 numbers must be entered, i.e., 5'5'0')
- 3. Enter goal of .12 (12%)
- 4. When weight reads -1.0 and indicating arrow is pointing to set up, wrestler may step on scale
- 5. Wrestler must remain completely still while on the scale until print out begins

# ADJUSTMENT FOR ERROR READING

- For athletes reading error on multiple attempts (example very lean male/female weighing under 100 lbs.)
- 1. Change to male standard mode – goal 15%
- 2. Change to female standard mode – goal 30%
- This would be on the only reason to use the standard mode

# TANITA TESTING PROCEDURE

- **1. Wrestler will proceed to scale area with the completed paperwork**
- **2. When asked, present paperwork to tanita scale personnel**
- **3. Paperwork will be kept by tester**

# TANITA TESTING PROCEDURE CONT'D

- **Assessor will instruct wrestler as follows:**
- **1. Step on scale with feet completely within the footprints on the tanita scale (this should be observed)**
- **2. Step off scale when complete**
- **3. Return to staging area**
- **4. Assessor to retain paperwork**

# CALIBRATING REFRACTOMETER

- The refractometer should be calibrated just prior to the start of testing
- Recalibrate as recommended by the manufacturer

# HYDRATION TESTING

- 1. A large restroom for males with multiple urinals, toilets, sinks and trash cans
- 2. A separate restroom for females
- 3. Supplies: - two digital refractometers with extra batteries, pens, handiwipes, hand sanitizer, hand soap, paper towels and several extra large trash cans lined with two trash bags.

# URINE SAMPLE COLLECTION PROCEDURES

1. If wrestler is wearing shorts with pockets, he/she must turn pockets inside out and show monitor his/her hands
2. Monitor must be in area where specimen is being produced
3. Monitor should instruct wrestler not to provide any more than half a cup of urine
4. Wrestler will urinate into cup at urinal
5. Sample should be placed on top of urinal while athlete finishes voiding and flushes the urinal
6. Wrestler then proceeds to Assessor with sample

- 7. Do not use a urinal that will not stop running**
- 8. Do not allow wrestler to flush urinal before or during voiding in cup.**
- 9. Do not allow wrestler to use facility where specimen will be given unless monitor is present**

# HYDRATION FAILURE

- If hydration level is above 1.025 the wrestler has failed hydration. He/she will proceed back to the staging area.
  - **ASSESSOR WILL RETAIN PAPERWORK**

# RETESTING

- Wrestler must wait a minimum of 48 hours between testing. Dates for retesting will be set by Site Manager and Assessor

# RESOURCE ASSESSORS

- Region 2
  - Jessie Biggins
    - [jbiggins@bergenfield.org](mailto:jbiggins@bergenfield.org)
      - Ginnie Milford
  - [milord@leoniaschools.org](mailto:milord@leoniaschools.org)
    - Bill Walsh
- [wkwalsh@optonline.net](mailto:wkwalsh@optonline.net)

## Region 3

- Sandra Mamary
- [smamary@westfieldnk12.org](mailto:smamary@westfieldnk12.org)
  - Region 4
  - Joe Cacciabaudo
  - [jcyankees@msn.com](mailto:jcyankees@msn.com)
    - Region 6
    - Amy Ghione
  - [aghione@frhsd.com](mailto:aghione@frhsd.com)

Region 8

Kevin Briles

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