



## Washington Wrestling Weight Management Program

### ASSESSOR CHECKLIST

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#### **Materials Checklist**

- Data collection forms (coaches responsibility)
- Receipt Book
- Refractometer
- 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

#### **Data**

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- 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.

#### **Collection Procedures**

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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 shorts (male) / shorts and sports bra or halter top (female). No one 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: shorts (male) / shorts and sports bra or halter top (female).

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 WWWMP website. Failure of the hydration test does not constitute an assessment.*

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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:*

Western Washington –  
Eastern Washington –

Stark Porter  
Carl Wenham

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(253) 946-2281

## **Data Input**

1. Login to the WIAA website: <http://www.wiaa.com/assess/>  
  
Assessor User name & password
2. Select “My Profile” update Profile Information, then click on “save changes”.
3. Select “My Schools” check the box of those schools that you will be doing assessments for. Then click on “Save Changes”
4. Select “My Wrestlers”. Select the wrestler you are imputing the assessment for by clicking on their name.
  - Verify that you have the correct wrestler.
  - Input the date of the assessment. (alpha date)
  - Input Alpha Body Weight
  - Input Skin Fold measurements. “Tab” between measurements. Make sure the median value is calculating.
  - Click “Save Information”
  - Click “Back to Wrestler Form” to continue.
5. If at any time you experience a problem with “Data Entry” do not make another attempt to enter the same wrestlers. Email: [wwwmp@wiaa.com](mailto:wwwmp@wiaa.com) and explain the issue and corrections will be made.
6. When all data collection forms have been entered select “Assessment Report”. Select the school that you entered assessments for, select the date range. Then click “Generate Report”. Print out the report; submit it on top of the data collections form that is on the report. Scan the summary form and data collections forms and send via email to [wwwmp@wiaa.com](mailto:wwwmp@wiaa.com). Data Collections Form should be sent to the WIAA within 1 week of entry.