

Needed equipment/supplies:

- Bioelectrical Impedance Analysis, BIA
- Tape measure taped the wall
- Athlete information sheet, pens/pencils
- Cups for urine hydration testing
- Test strips or refractometer
- Trash can
- Gloves
- Damp towel
- Wheeled cart
- Stapler

We conduct the weight certification in a hall next to the restroom/wrestling. I have a towel on the cart for the urine cups to be placed on and the keyboard of the scale is on the other end of the cart. I have gloves and tests strips on the cart.

1. Provide coaches with wrestler information sheet. Coach fills in name and records height by having student stand barefoot, feet back to wall. Athletes may complete top portion themselves, student athletic training aides may assist with height measurement.
2. Student provides athletic trainer with wrestler information sheet.
3. One coach is stationed in the restroom to monitor athletes provide urine sample one at a time and do not add water.
4. Athlete sets cup on cart, it is tested. Strip is thrown in the trash, athlete dumps urine in the restroom prior to next athlete going in.
5. Athlete removes clothes (including socks) down to boxers. Wipes feet on damp towel placed in front of the Bioelectrical Impedance Analysis (BIA) scale.
6. Assessor (athletic trainer) enters the data from the wrestler information sheet. .2 allowance for boxers. Once display reads "Step on" athlete is instructed to step on, making sure feet are on the scale correctly, and stands still until machine beeps and calculations are completed.
7. Athlete steps off and returns to practice.
8. Staple printout strip to wrestler information sheet.
9. Upon completion, enter all data into NWCA website.
10. The same day, I complete the Under 7% Physician Clearance form and provide to coach to distribute to athletes. All forms are returned to me.

How to change Under 7% males/12% females in Trackwrestling

1. Log into Trackwrestling as an Assessor in Boys HS or Girls HS Season
2. Select Team
3. Select OPC
4. Select Alpha Master
5. Ineligible Athlete will have a [P](#) hyperlink in the Clearance Column
6. Click on the hyperlink, select Yes
7. The athlete will now be eligible