OHSAA WRESTLING WEIGHT MANAGEMENT · 2026–27

Assessment Day Checklist for Host Sites and Teams

From your assessor. Please share with the coach, athletic director and anyone running the site.

Date / time _____ Site _____

Assessor(s) _____ Phone / email _____

COACH · BEFORE THE DAY

- Roster entered in USA Bracketing before the assessment date
- Signed Parent Permission for every wrestler (a parent who comes along may sign on site). No signed form = no assessment
- Individual Profile Form filled in before arrival, in pen
- Send every wrestler the prep list below

WRESTLERS · PREP

- No vigorous activity the evening before or the day of testing
- No caffeine the day before or day of testing
- Drink 500 ml (17 oz) that day, plus 2–4 cups of water in the 1–2 hours before
- Be awake 3 hours before; nothing to eat 2 hours before
- No vitamin or mineral supplements 2 days before and day of
- Never assess after practice or a workout

WRESTLERS · WHAT TO WEAR

- Hydration test: athletic clothing (shorts, t-shirts, etc.)
- Weigh-in: legal uniform and a suitable undergarment covering buttocks and groin; females also a sports bra that completely covers the breasts. No shoes or ear guards; socks allowed. No weight allowance for clothing
- Skinfolds: anything from the waist down; triceps, subscapular and abdominal sites reachable

HOST SITE · THE SPACE

- Restroom for urine collection; staff in the hallway between the restroom and testing area
- Control or shut off faucets in the collection area
- No more than 3 wrestlers supervised at a time
- Private area for weigh-in and skinfolds, at the same site, right after hydration

Supplies · who brings each (or N/A)	Site	Assessor	N/A
Reagent strips (specific gravity)	☐	☐	☐
Numbered urine cups	☐	☐	☐
Disposable gloves	☐	☐	☐
Disposal for urine and cups	☐	☐	☐
Food dye for toilets (optional)	☐	☐	☐
Digital scale, to 0.1 lb	☐	☐	☐
Lange skinfold calipers	☐	☐	☐
Calibration block	☐	☐	☐
Tape measure	☐	☐	☐
Washable pen to mark sites	☐	☐	☐
Pens (forms in pen)	☐	☐	☐
Profile Forms and Parent Permission forms	☐	☐	☐
Staff to record and supervise	☐	☐	☐

DETAILS FOR THIS ASSESSMENT

Schools _____ No. of wrestlers _____

Assessor arrival / set-up time _____ Wrestlers arrive _____

Fees agreed (per athlete, hourly, travel) _____

Notes _____

Sources: OHSAA Wrestling Manual; Assessor Handbook; 2025–26 General Assessor training deck

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