OHSAA WRESTLING WEIGHT MANAGEMENT · 2026–27

General Assessor Training Worksheet

Assessor _____

Master Assessor _____ Date _____

Right side, readings in mm. Keep measuring until 3 readings fall within 1 mm. Your average must be within 1 mm of the Master's. Females: triceps and subscapular only (leave abdominal blank).

#	Subject name	Sex	Height	Weight (lb)	Site	Reading 1	Reading 2	Reading 3	Master's reading	Within 1 mm?
1		M / F			Triceps					Y / N
					Subscapular					Y / N
					Abdominal (M)					Y / N
2		M / F			Triceps					Y / N
					Subscapular					Y / N
					Abdominal (M)					Y / N
3		M / F			Triceps					Y / N
					Subscapular					Y / N
					Abdominal (M)					Y / N
4		M / F			Triceps					Y / N
					Subscapular					Y / N
					Abdominal (M)					Y / N
5		M / F			Triceps					Y / N
					Subscapular					Y / N
					Abdominal (M)					Y / N
6		M / F			Triceps					Y / N
					Subscapular					Y / N
					Abdominal (M)					Y / N
7		M / F			Triceps					Y / N
					Subscapular					Y / N
					Abdominal (M)					Y / N
8		M / F			Triceps					Y / N
					Subscapular					Y / N
					Abdominal (M)					Y / N

Bring Lange skinfold calipers (the only accepted calipers) and a calibration block. Check calipers before you start.

Master's signature _____