OHSAA WRESTLING WEIGHT MANAGEMENT · 2026–27

General Assessor Training Checklist

For the host site and each person coming to the class. From your Master Assessor.

DETAILS FOR THIS CLASS

Date / time _____ No. of trainees _____

Location _____

Master Assessor _____ Phone / email _____

Notes _____

EACH TRAINEE BRINGS

- ☐ Lange skinfold calipers
- ☐ Calibration block
- ☐ Clothes that allow skinfold testing
- ☐ Training fee (payable to the Master Assessor)

WHO CAN ATTEND

Physicians, physician assistants, registered nurses, licensed practical nurses, athletic trainers, physical therapists, dietitians/nutritionists, exercise physiologists, chiropractors. Active coaches at any level cannot be assessors.

TRAINING FEE (EACH, MAXIMUM)

3 or more people	**$35**
2 people	**$50**
1 person	**$100**

HOST SITE PROVIDES

- ☐ Room for the classroom hour
- ☐ Screen for the PowerPoint, if possible
- ☐ Space for the practical: groups of 3 or more
- ☐ One test subject per group (clothes that allow skinfold testing)

MASTER ASSESSOR BRINGS

- ☐ Class roster
- ☐ Application for Assessors (one per trainee)
- ☐ Training Worksheets
- ☐ Lange calipers and calibration block

CLASS FLOW · 1 HR CLASSROOM + 1 HR PRACTICAL

1. Sign the roster; fill out the Application
2. Classroom: rules and assessment day
3. Practical: 3+ readings per site until within 1 mm; compare with the Master's readings
4. Master signs off; the Master sends the roster and applications to OHSAA
5. New assessors get an email from USA Bracketing with their USA Bracketing access
6. Training period typically ends the day before wrestling season begins

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

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