



## NSAA Wrestling Assessor Hydration Protocol

Due to some reports about wrestlers compromising the process of the hydration portion of the weight management testing, the NSAA has implemented some new protocols. These additional steps are not intended to make the process more difficult to administer, however, we feel that it is a necessary step to ensure the integrity of the testing.

Collecting of the samples is the main area of concern for the assessors. In order to safeguard the process, the following steps should be included into the urine sample collecting procedure:

1. The assessor should have additional personnel to help monitor the wrestlers when collecting the urine samples.
2. If the assessor cannot provide additional staff, they should contact the school in advance and ask the school to provide volunteers to help with the process. (athletic trainers, school nurses, health or biology teachers are great choices for this task. **ANYONE CONSIDERED TO BE A PART OF THE WRESTLING COACHING STAFF SHOULD NOT BE SELECTED FOR THIS DUTY.**)
3. Wrestling coaches can be present and help **ONLY** in controlling the wrestlers outside of the hydration area.
4. Prior to the assessment of the wrestlers, the assessor should inspect the area where the samples will be given.
5. Colored dye should be placed in the toilets prior to the wrestlers coming into the urine sample area.
6. The student should be instructed **NOT** to flush the toilet while the sample cup is in their possession.
7. When needed, a member of the assessor team will flush the toilet and place dye in it before the next subject is allowed to enter the stall.
8. If available, the use of urinals are a great choice for the wrestler to use for giving the sample. Dye is not required for the urinals, however, the same protocol should be used for the urinal and the wrestlers should not flush.
9. Wrestlers should be supervised by assigned personnel in the restroom without being in a position to pass urine samples among wrestlers or use the sink while in the sample giving process.
10. The restroom or area should not have running water that is controlled by the wrestlers giving samples. (Wrestlers can wash their hands once they have given their sample to the assessor team.)

These are the additional steps that should be added to the existing protocols for collecting the urine samples.