



NMAA WWMP – RECOMMENDED PROCEDURES – '09-'10

1. Scheduling

- Cluster and Regional schedules should be set ASAP, NLT 1st day of practice 11/02/09
- All dates/sites must be reported to the NMAA for posting on the master schedule
- Avoid assessments early in the day and after practice (hydration factors)

2. General Administration

- Equipment and supplies – TANITA 300WA, hydration test strips, specimen cups, height measurement device (to ½ inch), data cards, rubber gloves, alcohol/towel for cleaning TANITA contacts, computer/internet access
- Personnel – NMAA Certified Assessor, host supervisor for site set-up, registration assistant, height station assistant, 2 restroom attendants (appropriate gender), coaches for general supervision, custodian for clean up of any urine spills.
- Responsibility – If working alone, the assessor should complete all hydration assessments first, then height, then body composition/weight. If there are available, trained, responsible, adults (AD, assistant principal, trainer, nurse, etc.) available, tasks may be divided. Coaches should assist with general supervision only and should not to be involved in the actual assessment process (hydration, height, TANITA procedure, data entry, etc.)

3. Hydration Testing

- **Directly** monitor specimen collection
- No Running Water
- Check hydration level with test strips
- Borderline evaluations should pass, be liberal with less than 103 and over 250
- If they fail, they must wait 24 hours before re-testing

4. Height Measurement

- A stadiometer or fixed measuring device with a square/level top
- Athletes should have shoes off, feet back, knees straight, **no slouching**
- Height is rounded to the nearest ½ inch

5. Weight and Body Composition

- Place a towel in front of the scale for athletes to wipe feet
- Clean metal contacts with alcohol before beginning and frequently during process
- Athletes **must** dress in gym shorts and t-shirt or singlet, no socks
- Set clothing/variance allowance for 2.0 lb (1 lb.-clothing, 1 lb.-variance)
- Select “athletic male” or “athletic female”
- Enter age in years
- Enter height to the nearest ½ inch
- Enter 07 (male) or 12 (female) as goal
- When scale indicates ready, have athlete wipe feet and step on scale
- After reading is complete, announce results
- Provide Physician’s Clearance (Sub 7%/12%) Forms where applicable

