

# Contract for Determination of Body Composition By Hydrostatic Weighing (underwater)

## DESCRIPTION OF PROCEDURE

Urinalysis will be repeated and must be passed prior to continuing with procedure. A refractometer is to be utilized to measure hydration. The acceptable specific gravity will be 1.025 or lower.

Dry weight will be taken. The official data treatment program to determine the minimum weight class is on the following pages.

Dry body weight will be taken **at the site**. The weight established by the administrator of hydrostatic weighing on the date of the testing will be used.

Residual lung volume will be estimated using a spirometer. The wrestler will hyperventilate two or three times, inhale maximally, and then exhale maximally into the spirometer through a clean mouthpiece. This procedure will be repeated three times.

The hydrostatic weighing apparatus consists of a tank filled with water, a scale suspended over the tank, and a swing upon which the subject is seated and submerged below the surface of the water. The subject is initially seated upright with the head above the water. A deep breath is taken; the wrestler lowers the upper body into the water, and exhales as completely as possible. After exhaling, the wrestler remains submerged and still for one or two seconds, and then sits upright, bringing the head above the water. Some wrestlers prefer to exhale prior to submersion.

Attire: Bathing suit

Hydrostatic Examiner: The procedure will be performed by a trained individual. If the gender of the wrestler is different from that of the Examiner, an adult (over 18 years of age) of the same sex as the wrestler will be present during the testing.

Risks: It is possible that the wrestler will experience discomfort while holding his or her breath underwater. The wrestler may also experience anxiety during submersion, may inhale water and choke, or may faint from hyperventilating during the hydrostatic weighing procedure or the residual volume test. Adverse cardiac responses may also occur which could result in death.

Voluntariness: The wrestler is aware that he or she is under no compulsion or duress whatsoever to participate in this procedure, and that the decision not to participate will in no way effect the wrestler's standing as an athlete.

Informed Consent: The signature of the wrestler and parent/guardian indicates understanding of the procedures to be performed. The (facility) and examination personnel will not be held responsible for unforeseen and unavoidable reactions by the wrestler during examination.

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(Signature of wrestler)

(Date)

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(Signature of parent/guardian)

(Date)

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(Signature of Athletic Director)

(Date)