



## Nevada Interscholastic Activities Association

### ***PARENTAL PERMISSION/CONSENT FOR URINALYSIS***

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NIAA adopted a weight control program for Nevada high school wrestlers. The program has two basic components: 1) A nutrition education dimension and 2) the establishment of a healthy minimum weight for each wrestler.

Tianita measurements are used to predict (on a scientific basis) the lowest healthy weight for wrestlers. The program requires each male wrestler to maintain at least 7% body fat and females 12% body fat. The rule does not suggest or urge wrestlers to reduce to 7%, or 12% body fat, but sets a healthy limit as to how much they can safely reduce. The rule controls: 1) the rate of weight loss and the amount of weight that can be lost.

The first step of the testing is a urinalysis, which is required to determine the athlete's hydration level. Proper level of hydration is important to provide an accurate measurement of body fat percentage. Dehydration will concentrate urine and thereby increase the urine's specific gravity. Accurate determination of minimum wrestling weight from TBF requires the wrestler to be properly hydrated. The specific gravity of a hydrated individual will be 1.025 or lower. If the wrestler is dehydrated (i.e. specific gravity of the urine is over 1.025) measurements will not be taken. Testing must be rescheduled for a different time when the wrestler is properly hydrated. **NO SOONER THAN 24 HOURS.**

I hereby grant the NIAA and it's agents permission to perform a urinalysis on my self/son/daughter for the purpose of determining the hydration level to properly determine an accurate skin fold measurement. I understand that the NIAA accepts my self/son/daughter on their willingness to participate.

In becoming a participant in the program I understand that my self/son/daughter will agree to the following:

1. A bathroom with a toilet or urinal will be used by the wrestler to allow the wrestler to provide a urine sample for testing.
2. School or NIAA personnel will be present (female to female, male to male) to ensure that the wrestler has provided a sample of his or her own urine.
3. Every reasonable measure will be taken to ensure privacy for the wrestler when he/she is submitting a urine sample.
4. Urine collection cups will be properly disposed of following single use.

I hereby agree to release, discharge and forever hold harmless the NIAA and its agents from any and all claims, which I might now, or hereby have with respect to the urine testing I am consenting to herein. I am free to deny any consent for my self/son/daughter both now and at any point during the testing.

I acknowledge that I have read this form in its entirety or it has been read to me, and I understand the urine testing procedure my self/son/daughter will be engaged. I accept the risks. Knowing these, having had an opportunity to ask questions which have been answered to my satisfaction, I consent and give permission for my self/son/daughter to participate in the urinalysis.

\_\_\_\_\_  
DATE

\_\_\_\_\_  
TIME

NAME OF ATHLETE: \_\_\_\_\_

SIGNATURE OF ATHLETE: \_\_\_\_\_  
(if over 18 years old)

NAME OF PARENT/GUARDIAN: \_\_\_\_\_

SIGNATURE OF PARENT/GUARDIAN: \_\_\_\_\_