

TIPS FOR PASSING THE WRESTLING HYDRATION ASSESSMENT

IOWA STATE ATHLETIC ASSOCIATION

Following these tips will help wrestlers pass the hydration assessment and give the most favorable body composition assessment results.

Two days before hydration and body composition assessment:

- **DRINK AT LEAST 8-10, 8-OUNCE GLASSES OF FLUIDS DURING THE DAY.** (Remember, water has no calories.)
- Drink an additional 16-24 ounces of water for each pound you may have lost that day during a sport practice.
- Avoid drinks containing caffeine, such as iced tea, caffeinated pop, & coffee.
- Increase the intake of high fiber foods to help eliminate excess waste from the body. (Whole grain breads, muffins & cereals, fresh fruits, salad, vegetables)
- Eat smaller, more frequent meals.
- **AVOID** foods high in fat. (Fried foods, fatty meats, french fries, pizza, nuts, regular salad dressings)
- **AVOID** salty foods. (Potato chips, pretzels, pizza, tuna, crackers, soft drinks, sports drinks)
- Discontinue the use of vitamins, and other supplements, unless prescribed by your doctor, as they may cause the urine to be darker than normal.

One day before hydration and body composition assessment:

- **CONTINUE DRINKING PLENTY OF WATER.** You should be urinating several times during the day and your urine should be clear, if you are fully hydrated.
- Continue to avoid vitamins, and other supplements, unless prescribed by your doctor.
- Drink an additional 16-24 ounces of water for each pound you may have lost that day during a sport practice.
- Avoid drinks containing caffeine, such as iced tea, caffeinated pop, & coffee.
- Avoid eating foods high in chocolate.
- Continue eating smaller meals, more frequently meals.
- Continue to eat foods high in fiber.
- **CONTINUE TO AVOID FOODS HIGH IN FAT AND SALT!**

The day of hydration and body composition assessment:

Continue to avoid vitamins, and other supplements, unless prescribed by your doctor.

Early morning assessment:

- **DO NOT EXERCISE BEFORE THE ASSESSMENT!**
- **DRINK A GLASS OF WATER WHEN YOU FIRST GET OUT OF BED.**
- Do NOT urinate until you get the test site and so you can provide a urine sample.
- Do NOT eat until after the assessment.

Late morning, or afternoon, assessment:

- **DO NOT EXERCISE BEFORE THE ASSESSMENT!**
- **CONTINUE TO DRINK PLENTY OF WATER THROUGHOUT THE DAY.**
- Urinate several times during the day until 1-2 hours before the assessment.
- Eat small portions and eat lighter foods. (Fruits, cereals, juices)
- DO NOT EAT fatty or salty foods.
- DO NOT DRINK salty drinks, such as pop & sports drinks.
- DO NOT EAT within several hours of the assessment.

This Tips for passing the hydration test document is supplied by the Iowa High School Athletic Association

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