

PARENT PERMISSION FORM
MCPS Wrestling Weight Certification

State regulations require that all wrestlers have their minimum weight class certified prior to their first match. Maryland regulations further stipulate that a body fat analysis be conducted for all wrestlers as part of their weight certification. A physician must use the results of the body fat analysis in determining a safe minimum weight class. The body fat analysis and subsequent calculations are used to determine a wrestler's weight if he reduced his body fat to a 7% level (12% for females) while maintaining a proper level of hydration. The physician determines the lowest weight class in which the wrestler may compete based on the results of the body fat analysis and subsequent calculations.

Montgomery County Public Schools (MCPS) will sponsor a weight certification program for MCPS wrestlers. Briefly, MCPS will conduct body fat analyses for wrestlers, and will provide a physician to certify each wrestler's minimum weight class based on the results of the body fat analysis. MCPS will use the Tanita TBF-300W body fat monitor to conduct these tests. The weight certification will be held at Blake High School on November 3, with a make-up day on November 26 at Blake High School. Tests will be performed by certified athletic trainers. Upon completion of the process, a minimum weight class will have been determined and certified for each wrestler.

While there are no known health risks regarding use of the Tanita TBF-300W, individuals using a pacemaker or internal electrical medical device should not use this device. The weak electrical signal may cause such internal devices to malfunction.

Details regarding the MCPS weight certification process are available on the MCPS Athletics Website (www.montgomeryschoolsmd.org/departments/athletics). This information includes a letter to parents explaining details of the program, and an information brochure entitled *Frequently Asked Questions: A Guide for Parents and Wrestlers*.

An important component of a valid, reliable body fat analysis is that wrestlers be properly hydrated. Accordingly, a urine sample from each wrestler will be tested exclusively for its hydration level immediately prior to the body fat analysis. Once the hydration level has been determined, the urine sample will be discarded. A wrestler must be sufficiently hydrated in order to have an accurate and valid body fat analysis.

Please read and sign below:

I (parent/guardian name) _____ have reviewed the materials distributed by MCPS regarding the weight certification program, and I understand the basic components of the program. I understand that my son or daughter does not have to participate in the MCPS sponsored program, and that I may elect to have an independent test performed at my expense that meets MCPS requirements. I understand that if my son or daughter has a pacemaker or uses another type of internal electrical medical device, he or she should not undergo this test.

I give permission for my child to participate in the MCPS sponsored weight certification program.

Parent Signature: _____ Date: _____

Wrestler Name: _____ Age: _____
(Please Print)

School: _____ Grade: 9 10 11 12