



To: All NSAA wrestling schools

Subject: Wrestler's Hydration Assessments

I just wanted to send out a reminder for all wrestling schools that it is the responsibility of the school to provide the test strips or the instrument for the hydration testing that is required for the weight management program.

Option #1 - The school can purchase a **refractometer** that measures specific gravity and it will be useable for years to come and you will no longer have to request and purchase hydration test strips (which will be a cost savings in the long term). You can purchase these online but make sure that it measures SPECIFIC GRAVITY because there are some that do not. Here is a link to purchase refractometers but this is not the only vendor that has them available:

Medco

<https://www.medco-athletics.com/mannix-protein-urine-refractometers>

Option #2) the school can also go on-line and purchase test strips. You can purchase any urinalysis tests strips that are FDA approved and acceptable as long as they have the category of "Specific Gravity". Here are some links to purchase test strips:

<https://www.meditests.com/mui-ms10.html#jmui=f%3A1068%3A305419896%3A0T.zfL%2Bkp5VQcibEBIBQKK2>

[http://www.medicaldevicedepot.com/Rapid-Response-10-Para-10SG-Urinalysis-Reagent-p/u10.1-1s100.htm?dfw\\_tracker=3918-4016&gclid=CjwKEAiA4YGjBRDOxa3XvfTnvSASJACC3bLBmPvoFBHyqpTjjCxXTOhYhheHUyAm-ru5TgrCxaNiBxoCs1\\_w\\_wcB](http://www.medicaldevicedepot.com/Rapid-Response-10-Para-10SG-Urinalysis-Reagent-p/u10.1-1s100.htm?dfw_tracker=3918-4016&gclid=CjwKEAiA4YGjBRDOxa3XvfTnvSASJACC3bLBmPvoFBHyqpTjjCxXTOhYhheHUyAm-ru5TgrCxaNiBxoCs1_w_wcB)

<http://www.saveritemedical.com/product/bayer-2161-multistix-10sg-reagent-urine-test-strips.html?gclid=CK-vk-O5tscCFZCCaQod13YLjg>

If you have issues, please let me know.

Thanks and have a great day!!