

WSWL 2009-2010

Skin Checks

[Physician Release Form \(click here\)](#)

If a participant is suspected by a referee or a coach of having a communicable skin disease or any other condition that makes participation appear inadvisable, the coach/ parent must provide current written documentation from a physician stating that the suspected disease/condition is not communicable and that the athlete's participation would not be harmful to any opponent. This document shall be furnished at the weigh-in and be available for review prior to competition in the dual meet or tournament. Covering a communicable condition shall not be considered acceptable and does not make the wrestler eligible to participate." (Skin lesions may be covered while wrestling unless otherwise excluded by this policy requiring minimum treatment for contagious skin diseases.)

Below are some treatment guidelines that suggest MINIMUM TREATMENT before return to wrestling:

- **Bacterial diseases** (impetigo, boils): Oral antibiotic for two days and no drainage, oozing, or moist lesions.
- **Herpetic lesions** (Simplex fever blisters, Zoster, Gladiatorum): Minimum of 120 hours or a full five days of oral anti-viral treatment with no new lesions and all lesions scabbed over. Visible lesions may be present and participation may be approved so long as lesions are scabbed over.
- **Tinea lesions** (ringworm scalp, skin): Oral or topical treatment for 72 hours on skin and 14 days on scalp.
- **Scabies, Head Lice**: 24 hours after appropriate topical management.
- **Conjunctivitis**: 24 hours of topical or oral medication and no discharge.
- **Molluscum Contagiosum**: 24 hours after curettage.

[USAW Skin Check Guide \(click here\)](#)