

Wrestling Skin Check Guidelines

Eric C Hall, MAEd, LAT, ATC

Cary High School

echall@wcpss.net

Emily Gaddy, MS, LAT, ATC

Orange High School

emily.gaddy@orange.k12.nc.us



Today's Objectives:

- ▶ Review and understand to comply with NCHSAA guidelines on wrestling pre-match skin checks.
 - ▶ AT and First Responder responsibilities
- ▶ Discuss the importance of the wrestling skin checks.
- ▶ Develop and implement a plan for performing pre-match skin checks at your respective schools.
- ▶ To feel confident & comfortable in making the correct medical decision about student-athlete participation for the safety of all wrestlers.
- ▶ Discuss techniques to prevent skin infections



NCHSAA Handbook 2017-2018



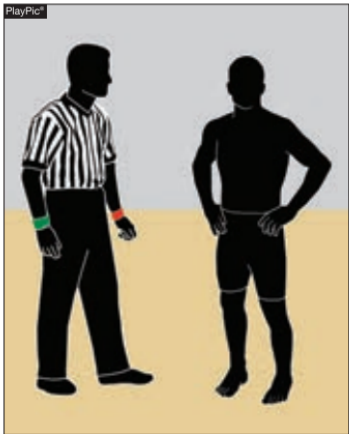
- ▶ 4.14 WRESTLING 4.14.1 (page 100) General:
- ▶ (f) Health and Safety Guidelines: Reference General Requirements for Interscholastic Athletic Activities for a listing of Guidelines (4.1.22, page 66) and Health and Safety Guidelines (2.3, page 34-40) for all the information.
 - ▶ (1) A licensed athletic trainer (LAT) or a certified first responder must be present at all wrestling matches.
 - ▶ (2) Skin checks must be performed by a licensed athletic trainer. If no licensed athletic trainer is present, the skin checks must be performed by a first responder and referee.

NCHSAA Wrestling Rules Presentation


- ▶ Coaches are shown “Points of Emphasis” in rules session.

Points of Emphasis

COMMUNICABLE SKIN CONDITIONS AND SKIN CHECKS



- Before the dual meet begins, the referee shall perform skin checks or verify skin checks have been performed by a designated, on-site meet, appropriate health-care professional.

 www.nfhs.org

Points of Emphasis

COMMUNICABLE SKIN CONDITIONS AND SKIN CHECKS



- Before a dual meet begins, a designated, on-site meet, appropriate health-care professional may perform the skin checks (PlayPic A). If so, the referee shall verify that the skin checks were performed by a designated, on-site meet, appropriate health-care professional before a dual meet begins (PlayPic B).

 www.nfhs.org

NCHSAA Wrestling Rules Presentation

- ▶ Skin checks are to be done each day at a tournament.

Points of Emphasis

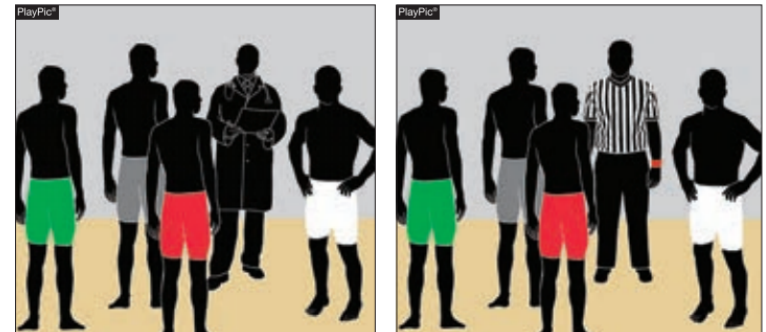
NCHSAA REGULATION

- **NCHSAA Board of Directors Regulation**
- Wrestling skin checks must be performed by a Licensed Athletic Trainer (if present)
- If an LAT is not in attendance, the First Responder and Referee should conduct the skin checks as a collaborative effort
- **First responder or official cannot conduct these alone**



Points of Emphasis

COMMUNICABLE SKIN CONDITIONS AND SKIN CHECKS



- Before a tournament begins each day, skin checks shall be performed by a designated, on-site meet, appropriate health-care professional (PlayPic A) or the referee (PlayPic B).



The Importance of Skin Checks

- ▶ **AT & First Responders have an obligation to:**
- ▶ Evaluate the student-athlete for a possible skin concern and have them seek medical treatment ASAP.
- ▶ Communicate to coaches, athletes, & parents about possible skin concerns.
- ▶ Keep all student-athlete's safe.
- ▶ *This is an opportunity to show our value by making the correct decision based on medical knowledge.*

NCHSAA Website: Wrestling: Forms Link on “Communicable Disease and Skin Infection Procedures”

- ▶ Universal Hygiene Protocol for All Sports
- ▶ Infectious Skin Diseases
 - ▶ Means of reducing the potential exposure to these agents include:
 - ▶ **Notify** guardian, athletic trainer and coach of any lesion before competition or practice. Athlete must have a **health-care provider evaluate lesion before returning to competition.**
 - ▶ If an outbreak occurs on a team, especially in a contact sport, consider evaluating other team members for potential spread of the infectious agent.
 - ▶ **Follow NFHS or NCHSAA guidelines on “time until return to competition.”** Allowance of participation with a covered lesion can occur if approved by healthcare provider and in accordance with NFHS or NCHSAA guidelines.”
- ▶ Blood-Borne Infectious Diseases

Athlete & Coach Responsibilities

- ▶ The **wrestler has a responsibility** for their personal hygiene and informing the coach, athletic trainer, and parents of any skin concern.
- ▶ The **coach has a responsibility** to check their student-athletes and make sure they are clear of any possible contagious lesions & protect the team from the spread of any contagious infection.
- ▶ If a **skin lesion is present**, the athlete **should be removed** from participation until a health-care provider evaluates the athlete and follows appropriate guidelines.
 - ▶ Oral or topical medication
 - ▶ Removed from participation or cover lesion
 - ▶ “MEDICAL RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION“
Form

“MEDICAL RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION“

- ▶ Should be completed by a medical provider.
- ▶ Makes copies for the coach and athlete’s file.
- ▶ Take a copy to any competitions.

**NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS
SPORTS MEDICINE ADVISORY COMMITTEE**

MEDICAL RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION

NAME: _____ DATE OF EXAM: ___/___/___

DIAGNOSIS _____ **MARK LOCATION AND NUMBER OF LESION(S)**

LOCATION AND NUMBER OF LESION(S) _____

MEDICATION(S) USED TO TREAT LESION(S): _____

DATE TREATMENT STARTED: ___/___/___ TIME: _____

FORM EXPIRATION DATE FOR THIS LESION (NOTE ON DIAGRAM(S)): ___/___/___

EARLIEST DATE THE WRESTLER MAY RETURN TO PARTICIPATION: ___/___/___

PROVIDER SIGNATURE _____ OFFICE PHONE #: _____

PROVIDER NAME (MUST BE LEGIBLE) _____

OFFICE ADDRESS _____

BELOW ARE SOME TREATMENT GUIDELINES THAT SUGGEST MINIMUM TREATMENT BEFORE RETURN TO WRESTLING:

BACTERIAL DISEASES (IMPETIGO, BOILS): TO BE CONSIDERED "NON-CONTAGIOUS," ALL LESIONS MUST BE SCABBED OVER WITH NO Oozing OR DISCHARGE AND NO NEW LESIONS SHOULD HAVE OCCURRED IN THE PRECEDING 48 HOURS. ORAL ANTIBIOTIC FOR THREE DAYS IS CONSIDERED A MINIMUM TO ACHIEVE THAT STATUS. IF NEW LESIONS CONTINUE TO DEVELOP OR DRAIN AFTER 72 HOURS, MRSA (METHICILLIN RESISTANT STAPHYLOCOCCUS AUREUS) SHOULD BE CONSIDERED.

HERPETIC LESIONS (SIMPLEX, FEVER BLISTERS/COLD SORES, ZOSTER, GLADIATORUM): TO BE CONSIDERED "NON-CONTAGIOUS," ALL LESIONS MUST BE SCABBED OVER WITH NO Oozing OR DISCHARGE AND NO NEW LESIONS SHOULD HAVE OCCURRED IN THE PRECEDING 48 HOURS. FOR PRIMARY (FIRST EPISODE OF HERPES GLADIATORUM), WRESTLERS SHOULD BE TREATED AND NOT ALLOWED TO COMPETE FOR A MINIMUM OF 10 DAYS. IF GENERAL BODY SIGNS AND SYMPTOMS LIKE FEVER AND SWOLLEN LYMPH NODES ARE PRESENT, THAT MINIMUM PERIOD OF TREATMENT SHOULD BE EXTENDED TO 14 DAYS. RECURRENT OUTBREAKS REQUIRE A MINIMUM OF 120 HOURS OF ORAL ANTIVIRAL TREATMENT, AGAIN SO LONG AS NO NEW LESIONS HAVE DEVELOPED AND ALL LESIONS ARE SCABBED OVER.

TINEA LESIONS (RINGWORM OR SCALP OR SKIN): ORAL OR TOPICAL TREATMENT FOR 72 HOURS ON SKIN AND ORAL TREATMENT FOR 14 DAYS ON SCALP.

SCABIES, HEAD LICE: 24 HOURS AFTER APPROPRIATE TOPICAL MANAGEMENT.

CONJUNCTIVITIS (PINK EYE): 24 HOURS OF TOPICAL OR ORAL MEDICATION AND NO DISCHARGE.

MOLLUSCUM CONTAGIOSUM: UPON TREATMENT WITH CURETTAGE AND HYFRECATOR, MAY COVER WITH BIOGLUE AND WRESTLE IMMEDIATELY.

NOTE TO APPROPRIATE HEALTH-CARE PROFESSIONALS: NON-CONTAGIOUS LESIONS DO NOT REQUIRE TREATMENT PRIOR TO RETURN TO PARTICIPATION (E.G. ECZEMA, PSORIASIS, ETC.). PLEASE FAMILIARIZE YOURSELF WITH NFHS WRESTLING RULES 4-2-3, 4-2-4 AND 4-2-5 WHICH STATES:

"ART. 3 . . . IF A PARTICIPANT IS SUSPECTED BY THE REFEREE OR COACH OF HAVING A COMMUNICABLE SKIN DISEASE OR ANY OTHER CONDITION THAT MAKES PARTICIPATION APPEAR UNDESIRABLE, THE COACH SHALL PROVIDE CURRENT WRITTEN DOCUMENTATION AS DEFINED BY THE NFHS OR THE STATE ASSOCIATIONS, FROM AN APPROPRIATE HEALTH-CARE PROFESSIONAL STATING THAT THE SUSPECTED DISEASE OR 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 FOR THE DUAL MEET OR TOURNAMENT. THE ONLY EXCEPTION WOULD BE IF A DESIGNATED ON-SITE MEET APPROPRIATE HEALTH-CARE PROFESSIONAL IS PRESENT AND IS ABLE TO EXAMINE THE WRESTLER EITHER IMMEDIATELY PRIOR TO OR IMMEDIATELY AFTER THE WEIGH-IN. COVERING A COMMUNICABLE CONDITION SHALL NOT BE CONSIDERED ACCEPTABLE AND DOES NOT MAKE THE WRESTLER ELIGIBLE TO PARTICIPATE."

"ART. 4 . . . IF A DESIGNATED ON-SITE MEET APPROPRIATE HEALTH-CARE PROFESSIONAL IS PRESENT, HE/SHE MAY OVERRULE THE DIAGNOSIS OF THE APPROPRIATE HEALTH-CARE PROFESSIONAL SIGNING THE MEDICAL RELEASE FORM FOR A WRESTLER TO PARTICIPATE OR NOT PARTICIPATE WITH A PARTICULAR SKIN CONDITION."

"ART. 5 . . . A CONTESTANT MAY HAVE DOCUMENTATION FROM AN APPROPRIATE HEALTH-CARE PROFESSIONAL ONLY INDICATING A SPECIFIC CONDITION SUCH AS A BIRTHMARK OR OTHER NON-COMMUNICABLE SKIN CONDITIONS SUCH AS PSORIASIS AND ECZEMA, AND THAT DOCUMENTATION IS VALID FOR THE DURATION OF THE SEASON. IT IS VALID WITH THE UNDERSTANDING THAT A CHRONIC CONDITION COULD BECOME SECONDARILY INFECTED AND MAY REQUIRE RE-EVALUATION."

ONCE A LESION IS CONSIDERED NON-CONTAGIOUS, IT MAY BE COVERED TO ALLOW PARTICIPATION.

DISCLAIMER: THE NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS (NFHS) SHALL NOT BE LIABLE OR RESPONSIBLE, IN ANY WAY, FOR ANY DIAGNOSIS OR OTHER EVALUATION MADE HEREIN, OR EXAM PERFORMED IN CONNECTION THEREWITH, BY THE ABOVE NAMED PROVIDER, OR FOR ANY SUBSEQUENT ACTION TAKEN, IN WHOLE OR PART, IN RELIANCE UPON THE ACCURACY OR VERACITY OF THE INFORMATION PROVIDED HEREIN. **REVISED/APPROVED BY NFHS SMAC, APRIL 2015**

“MEDICAL RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION”

- ▶ “ART. 4 . . . If a designated on-site meet appropriate health-care professional is present, he/she may overrule the diagnosis of the appropriate health-care professional signing the medical release form for a wrestler to participate or not participate with a particular skin condition.”

**NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS
SPORTS MEDICINE ADVISORY COMMITTEE**

MEDICAL RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION

NAME: _____ DATE OF EXAM: ___ / ___ / ___

DIAGNOSIS _____ **MARK LOCATION AND NUMBER OF LESION(S)**

LOCATION AND NUMBER OF LESION(S) _____

MEDICATION(S) USED TO TREAT LESION(S): _____

DATE TREATMENT STARTED: ___ / ___ / ___ TIME: _____

FORM EXPIRATION DATE FOR THIS LESION (NOTE ON DIAGRAM(S)): ___ / ___ / ___

EARLIEST DATE THE WRESTLER MAY RETURN TO PARTICIPATION: ___ / ___ / ___

PROVIDER SIGNATURE _____ OFFICE PHONE #: _____

PROVIDER NAME (MUST BE LEGIBLE) _____

OFFICE ADDRESS _____

BELOW ARE SOME TREATMENT GUIDELINES THAT SUGGEST MINIMUM TREATMENT BEFORE RETURN TO WRESTLING:

BACTERIAL DISEASES (IMPETIGO, BOILS): TO BE CONSIDERED “NON-CONTAGIOUS,” ALL LESIONS MUST BE SCABBED OVER WITH NO Oozing OR DISCHARGE AND NO NEW LESIONS SHOULD HAVE OCCURRED IN THE PRECEDING 48 HOURS. ORAL ANTIBIOTIC FOR THREE DAYS IS CONSIDERED A MINIMUM TO ACHIEVE THAT STATUS. IF NEW LESIONS CONTINUE TO DEVELOP OR DRAIN AFTER 72 HOURS, MRSA (METHICILLIN RESISTANT STAPHYLOCOCCUS AUREUS) SHOULD BE CONSIDERED.

HERPETIC LESIONS (SIMPLEX, FEVER BLISTERS/COLD SORES, ZOSTER, GLADIATORUM): TO BE CONSIDERED “NON-CONTAGIOUS,” ALL LESIONS MUST BE SCABBED OVER WITH NO Oozing OR DISCHARGE AND NO NEW LESIONS SHOULD HAVE OCCURRED IN THE PRECEDING 48 HOURS. FOR PRIMARY (FIRST EPISODE OF HERPES GLADIATORUM), WRESTLERS SHOULD BE TREATED AND NOT ALLOWED TO COMPETE FOR A MINIMUM OF 10 DAYS. IF GENERAL BODY SIGNS AND SYMPTOMS LIKE FEVER AND SWOLLEN LYMPH NODES ARE PRESENT, THAT MINIMUM PERIOD OF TREATMENT SHOULD BE EXTENDED TO 14 DAYS. RECURRENT OUTBREAKS REQUIRE A MINIMUM OF 120 HOURS OF ORAL ANTIVIRAL TREATMENT, AGAIN SO LONG AS NO NEW LESIONS HAVE DEVELOPED AND ALL LESIONS ARE SCABBED OVER.

TINEA LESIONS (RINGWORM OR SCALP OR SKIN): ORAL OR TOPICAL TREATMENT FOR 72 HOURS ON SKIN AND ORAL TREATMENT FOR 14 DAYS ON SCALP.

SCABIES, HEAD LICE: 24 HOURS AFTER APPROPRIATE TOPICAL MANAGEMENT.

CONJUNCTIVITIS (PINK EYE): 24 HOURS OF TOPICAL OR ORAL MEDICATION AND NO DISCHARGE.

MOLLUSCUM CONTAGIOSUM: UPON TREATMENT WITH CURETTAGE AND HYFRECATOR, MAY COVER WITH BIOGLUE AND WRESTLE IMMEDIATELY.

NOTE TO APPROPRIATE HEALTH-CARE PROFESSIONALS: NON-CONTAGIOUS LESIONS DO NOT REQUIRE TREATMENT PRIOR TO RETURN TO PARTICIPATION (E.G. ECZEMA, PSORIASIS, ETC.). PLEASE FAMILIARIZE YOURSELF WITH NFHS WRESTLING RULES 4-2-3, 4-2-4 AND 4-2-5 WHICH STATES:

“ART. 3 . . . IF A PARTICIPANT IS SUSPECTED BY THE REFEREE OR COACH OF HAVING A COMMUNICABLE SKIN DISEASE OR ANY OTHER CONDITION THAT MAKES PARTICIPATION APPEAR UNDESIRABLE, THE COACH SHALL PROVIDE CURRENT WRITTEN DOCUMENTATION AS DEFINED BY THE NFHS OR THE STATE ASSOCIATIONS, FROM AN APPROPRIATE HEALTH-CARE PROFESSIONAL STATING THAT THE SUSPECTED DISEASE OR 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 FOR THE DUAL MEET OR TOURNAMENT. THE ONLY EXCEPTION WOULD BE IF A DESIGNATED ON-SITE MEET APPROPRIATE HEALTH-CARE PROFESSIONAL IS PRESENT AND IS ABLE TO EXAMINE THE WRESTLER EITHER IMMEDIATELY PRIOR TO OR IMMEDIATELY AFTER THE WEIGH-IN. COVERING A COMMUNICABLE CONDITION SHALL NOT BE CONSIDERED ACCEPTABLE AND DOES NOT MAKE THE WRESTLER ELIGIBLE TO PARTICIPATE.”

“ART. 4 . . . IF A DESIGNATED ON-SITE MEET APPROPRIATE HEALTH-CARE PROFESSIONAL IS PRESENT, HE/SHE MAY OVERRULE THE DIAGNOSIS OF THE APPROPRIATE HEALTH-CARE PROFESSIONAL SIGNING THE MEDICAL RELEASE FORM FOR A WRESTLER TO PARTICIPATE OR NOT PARTICIPATE WITH A PARTICULAR SKIN CONDITION.”

“ART. 5 . . . A CONTESTANT MAY HAVE DOCUMENTATION FROM AN APPROPRIATE HEALTH-CARE PROFESSIONAL ONLY INDICATING A SPECIFIC CONDITION SUCH AS A BIRTHMARK OR OTHER NON-COMMUNICABLE SKIN CONDITIONS SUCH AS PSORIASIS AND ECZEMA, AND THAT DOCUMENTATION IS VALID FOR THE DURATION OF THE SEASON. IT IS VALID WITH THE UNDERSTANDING THAT A CHRONIC CONDITION COULD BECOME SECONDARILY INFECTED AND MAY REQUIRE RE-EVALUATION.”

ONCE A LESION IS CONSIDERED NON-CONTAGIOUS, IT MAY BE COVERED TO ALLOW PARTICIPATION.

DISCLAIMER: THE NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS (NFHS) SHALL NOT BE LIABLE OR RESPONSIBLE, IN ANY WAY, FOR ANY DIAGNOSIS OR OTHER EVALUATION MADE HEREIN, OR EXAM PERFORMED IN CONNECTION THEREWITH, BY THE ABOVE NAMED PROVIDER, OR FOR ANY SUBSEQUENT ACTION TAKEN, IN WHOLE OR PART, IN RELIANCE UPON THE ACCURACY OR VERACITY OF THE INFORMATION PROVIDED HEREIN. **REVISED/APPROVED BY NFHS SMAC, APRIL 2015**

Develop & Implement a Plan for Performing Wrestling Skin Checks

- ▶ Discuss with team physician.
- ▶ Talk to other AT / First Responders.
- ▶ Discuss with head coach on what other schools do.
- ▶ Develop a plan.
- ▶ Consider for both the Dual Team & Multiple Teams.
- ▶ Communicate to other medical staff & referee's.
- ▶ Adapt when necessary.

Wrestling Skin Check Guideline

By Eric C Hall ATC @ Cary HS - echall@wcpss.net

GOAL: To ensure the safety of all participants by reducing the possibility of transmitting a contagious skin infection based on medical knowledge. When in doubt sit them out!

- 1) Ask for Weigh-In Sheet - Wrestlers listed by weight class & line for skin check (initial).
- 2) Ask for NCHSAA "Medical Release for Wrestler to Participate with Skin Lesion"
- 3) Check participants for any skin lesions.
GUIDELINES: Any of the following could deem an athlete disqualified due to possible contagious skin infection.
 - Number: Single or multiple lesions
 - Distribution: Localized or generalized
 - Color: Pink, red, white, brown, etc.
 - Margination: Well-defined or ill-defined
 - Shape: Round, oval, annular (ring), etc.
 - Size: Based on the hole punch above
 - Other: Inflammation / Discharge / Flaky / Scabbed Over
 - Types: Is it...
 - Infectious (bacterial, viral, fungal)
 - Infestations (lice, scabies)
 - Noninfectious 1) Trauma (Abrasions, Acne, etc...)
2) Environmental (sunburn)
3) Local Inflammatory Conditions (Eczema / Psoriasis
Hives from Allergies / Contact Dermatitis (poison Ivy)
- 4) If disqualified, record Team / Name / Weight Class

Hygienic Principles to Reduce Skin Infections in Wrestling

- ▶ Skin checks must be performed every day before practices and meets and any skin infection must be examined and cleared by a health-care professional, in accordance with the wrestling skin form.
- ▶ Clean workout gear for each practice
 - ▶ Never re-use clothing after it has been worn once for practice
 - ▶ Weekly washing of gym bags, knee pads and other braces and cleaning headgear with soap and water or wipes
- ▶ All wrestlers must shower immediately after practice/meets.
 - ▶ They should not wait until they get home.
 - ▶ A recent study showed that about 8% of high school wrestlers don't shower until they get home. (1 wrestler out of 14)
 - ▶ up to 12 hours that these infectious agents may exist on an athlete's skin before they attempt to wash them away. This is plenty of time for an infection to develop.
 - ▶ At tournaments, showering is also recommended after each match.
 - ▶ If this is not feasible, the use of baby wipes has proved beneficial and superior to alcohol-based wipes in reducing skin infections.
- ▶ Mats must be cleaned before and after each practice with appropriate disinfectant.
 - ▶ Clean mats no more than 60 minutes before practice and immediately after practice

Hygienic Principles to Reduce Skin Infections in Wrestling

- ▶ Do not share towels or personal hygiene products (razors) with others.
- ▶ Refrain from full body (chest, arms, abdomen) cosmetic shaving.
- ▶ Have all open wounds covered by Occlusive Dressing such as Tagaderm or Bioclusive
 - ▶ Occlusive dressings are used for sealing wounds and their surrounding tissue off from air, fluids and harmful contaminants, such as viruses and bacteria
- ▶ Make alcohol based hand sanitizers available in classrooms, practice fields and areas without access to soap and water
- ▶ Review the NATA Position Statement: Management of Acute Skin Trauma (Dec. 2016) and Skin Diseases (July 2010)



Conclusion

- ▶ Develop and implement a plan that works for you.
- ▶ Remember you are protecting the safety for all athletes.
- ▶ When in doubt, sit them out!



Wrestling Skin Check Guidelines

Eric C Hall, MAEd, LAT, ATC

Cary High School

echall@wcpss.net

Emily Gaddy, MS, LAT, ATC

Orange High School

emily.gaddy@orange.k12.nc.us

