

NORTHERN VIRGINIA WRESTLING FEDERATION
Parent's Wrestling Communicable Disease Information Sheet

Wrestling is a demanding and rewarding sport. The very nature of the sport lends itself to an increased risk of athletes contracting communicable disease, particularly skin infection. Transmission of disease and skin infection can be minimized when athletes take part in diligent and proper hygiene practices. Skin infections common to wrestlers include, but are not limited to ringworm (fungal infection), impetigo (bacterial infection), herpes (viral infections, and conjunctivitis (pink eye). Most skin infections can be treated by a physician, although there are some forms of skin infections that are not curable.

The following guidelines may reduce potential for contracting a communicable disease:

- All wrestlers should shower with soap and water immediately following practices or competitions before leaving the athletic area.
- All clothes worn during practice and competition and towels should be washed immediately after use.
- Athletes should carefully and thoroughly inspect all areas of their bodies for lesions or signs of skin disorders daily. This includes the entire scalp area.
- Lesions that are identified during self-inspection are to be brought to the immediate attention of their coaches, parents and medical provider.
- Athletes should bring any questionable lesions on fellow wrestlers to the immediate attention of their coaches, parents and medical provider.
- No wrestler may participate in practice or competition with any skin infections until it is diagnosed and determined non-contagious by their physician in writing.

Below are some guidelines that suggest minimum treatment before returning to wrestling:

- Bacterial diseases (impetigo, boils) = oral antibiotic for 2 days and no drainage, oozing, or moist lesions.
- Herpetic lesions (Simplex fever blisters, Zooster, Gladiatorum) = no new lesions in 48 hours and all lesions scabbed over. No oral treatment is required.
- Tinea lesions (ringworm skin/scalp) = oral or topical treatment for 7 days on skin and 14 days on scalp.
- Scabies, Head Lice = 24 hours after appropriate topical medical management.
- Conjunctivitis = 24 hours of topical or oral medication and no discharge.
- Molluscum Contagiosum = 24 hours after curettage.

The National Federation of High School Associations Rule 4-2-3 states:

“If a participant is suspected by the referee or coach of having a communicable skin disease or any other condition that makes participation appear inadvisable, his coach shall provide current written documentation from a physician stating that the suspected disease or condition is not communicable and that the athlete's participation would not be harmful to his opponent. Covering a communicable condition shall not be considered acceptable and does not make the wrestler eligible to participate.”

The NVWF Commissioner has ruled only the official NFHSA form, “Physician Release For Wrestler To Participate With Skin Lesion,” will be accepted for their events. This form is available from your club's coach or at: www.eteamz.com/novawrestlingfed.