

FCPS 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 are easily treated by a physician, although there are some forms of skin infections that are not curable.

Following the guidelines below will reduce the potential for contracting a communicable disease:

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

Hepatitis-B (HBV) vaccination series is recommended for all athletes.

FCPS follows the National Federation of High School Associations (NFHS) Wrestling Rulebook NFHS 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."

Complete the portion below and return it to the wrestling coach.

The undersigned understand and accept the increased risk of the skin infections associated with participation in wrestling. We agree to follow the guidelines outlined above.

Printed name of student athlete

Signature of student athlete

Printed name of parent or guardian

Signature of parent or guardian

Date _____