

COMMUNICABLE SKIN CONDITIONS

(Guidelines for Safe Return to Participation)

The following information is meant to be used as guidelines for safe return to participation when a wrestler is being withheld from participation due to a communicable skin condition. **Each medical professional must determine a wrestler's readiness to return to participation on an individual basis.**

HERPES:

Before returning to participation, the wrestler should:

1. Be free from any systemic symptoms of viral infection (fever, malaise, etc.), **AND,**
2. Have developed no new blisters for 3 days, **AND,**
3. Have no moist lesions. All lesions must be dry with a FIRM, ADHERENT CRUST, **AND,**
4. Have been using the appropriate dosage of systemic antiviral therapy for at least 5 days.

Note: Physicians may want to consider season-long prophylaxis with acyclovir for wrestlers with recurrent herpes.

IMPETIGO and BOILS (other bacterial infections):

Before returning to participation, the wrestler should:

1. Have developed no new lesions in the past 48 hours, **AND,**
2. Have no moist, exudative or draining lesions, **AND,**
3. Have been using the appropriate dosage of antibiotic therapy for at least 3 days.

RINGWORM:

Before returning to participation, the wrestler should:

1. Not have extensive and active lesions, **AND,**
2. Have been using topical therapy for a minimum of 3 days for skin lesions.
3. For scalp lesions, a wrestler must have been using the appropriate dosage of systemic antifungal therapy for a minimum of 2 weeks.

Source: NCAA Wrestling Rules, 2005