

PROCEDURE FOR ALL MSHSL WRESTLING TOURNAMENTS (SECTION AND STATE)

A. All wrestlers will be checked, with their coach present, at the tournament site for unexplained rash or open lesions by a medical doctor.

B. The following infectious skin conditions are to be considered cause for medical disqualification:

1. Bacterial skin infections:
 - a. Impetigo
 - b. Erysipelas
 - c. Carbuncle
 - d. Staphylococcal disease
 - e. Folliculities (generalized)
 - f. Hidradenities suppurativa

2. Scabies
3. Pediculosis
4. Herpes simplex
5. Ring worm
6. Herpes zoster (chicken pox)

C. Wrestlers with open lesions will not be allowed to compete in MSHSL tournaments unless they have a Physician's statement indicating that the existing condition is not contagious. (Wrestling Skin Condition Report form can be found on the MSHSL website in the resource area, under forms.)

D. The MSHSL tournament physician may over rule the Physician's skin condition report if they believe it is in the best interest of the athletes participating in the tournament. The MSHSL tournament physician will have the final authority to certify wrestlers for competition.

E. Protocol for Skin Infection Prevention:

1. Coaches should send all wrestlers with suspicious sores or lesions to a physician for evaluation, and withhold them from wrestling practice and competition until effective treatment is completed.
2. Coaches should withhold from wrestling all wrestlers with active HSV (herpes simplex virus) or skin lesions (blisters, swollen lymph nodes, fatigue, etc.) until lesions are dry and crusted over.
3. Wrestlers should consult their physician about any sores, open lesions or blisters, and if such appears should not expose their teammates or opponents.
4. General hygienic considerations:
 - a. Disinfect mats before practice.
 - b. Limit access to mats.
 - c. Have wrestlers clean their shoes before stepping onto the mat. A towel soaked in a disinfectant solution will clean the soles of the shoes and remove a source for dirt on the mat, which leads to skin abrasions and increased risk for transmission of infectious agents.
 - d. Clean locker rooms and showers on a routine basis.
 - e. Wear clean workout clothing every day.
 - f. Shower at school immediately after practice; use soap and water.
 - g. Use your own towel — Don't share towels with teammates.
 - h. Clean your headgear on a daily basis with soap used for showering.
 - i. Wound healing is promoted with a good, balanced diet.
 - j. Wrestlers who are restricting calories are prone to slow skin growth and may benefit from a vitamin supplement to promote the wound healing process.