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| **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** |  | **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** |
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