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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
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