

Prodigy Wrestling Academy
Communicable Skin Disease Policy

Prodigy's number one concern is the safety of ALL of its wrestlers and coaches. With the large number of wrestlers coming from many different programs and teams, it is important that Prodigy takes ALL PRECAUTIONS concerning communicable skin diseases in the sport of wrestling. The following policy is in effect to protect all wrestlers, coaches, and area programs.

1. If any wrestler has any spots that are suspicious in nature, or are definitely a communicable skin disease, they will NOT be able to participate in any type of activity at Prodigy until it is no longer contagious.
 - a. We encourage all wrestlers and parents to police skin diseases themselves and not practice if they have any form of these diseases.
 - b. If a Prodigy Wrestling Academy coach sees any spots that may be contagious to other wrestlers, they will ask that the wrestler leave practice, as well as, give advice on how to care for the skin disease.
 - c. There will be no refunds for practices that are missed due to having or suspected of having a communicable skin disease. This includes walk-ins.
 - d. Do NOT come to practice, in full programs or as walk-ins, if you have some form of communicable skin disease.

2. The process that needs to take place to "clear" a wrestler for practice must be followed in order to keep ALL prodigy wrestlers safe and free of communicable skin diseases.
 - a. Step 1 – If a wrestler is unsure if a spot is contagious or if a wrestler has missed practices due to a communicable skin disease, the wrestler must be cleared by a Prodigy Coach before being able to participate in a practice. **Coaches will err on the side of caution when deciding due to keeping the room safe and secure of contagious skin diseases.**
 - b. Step 2 – If there is a disagreement between the spot in question, another Prodigy coach may be conferred with.
 - c. Step 3 – The coaches have FINAL SAY as to if a wrestler will be able to participate or not due to a communicable skin disease.
 - d. Step 4 – In some cases, wrestlers may be asked to be cleared by a doctor with an OHSAA skin form before being able to return to the mat. (It is encouraged to have a skin form in any case to aid in the decisions of the coaches)

Communicable Skin Disease - Prevention and Procedures

- **Wrestlers should anti-bacterial soap and shampoo when showering IMMEDIATELY after practice, at prodigy or as soon as you get home.** The most crucial part of preventing skin diseases is taking a shower right when practice is over.
- **Workout gear must be washed after every practice.** Do NOT keep it in your bag. Wrestlers should come to practice with clean shorts, shirt, and socks each practice. Wrestlers should wash their kneepads weekly (possibly Sundays). Germs and fungi can accumulate on clothes if they are not washed.
- **Mats will be mopped before and/or every practice.** Prodigy has a system in place to insure that mats are mopped and swept daily.
- **Wrestlers should dry off completely and bundle up appropriately for the weather.** More for protecting against illness than skin disease. During the season, wrestlers' bodies and immune systems can be weakened from the hard work and diet they have to endure. Being the winter, it is imperative that wrestlers leave the building with clothing from head to toe, a winter jacket, and a toboggan covering their head. Preventing wrestlers getting sick allows the wrestler to be at practice working toward his goals.
- **Put Neosporin on any open cuts or abrasions.** Wrestlers should have 2-3 tubes of Neosporin available to them at all times (wrestling bag, bathroom, locker). After every practice or meet, Neosporin should be applied to any cuts or abrasions. This will clean out the area so it won't get infected and will help protect from skin diseases. Continue to put on Neosporin until the cut or abrasion is completely gone.
- **What should wrestlers and parents do if a wrestler gets a skin disease?**
 - Wrestlers must check their bodies regularly for any unusual bumps or itches. Always check in the hair and hairline. They should also ask a parent to check their back since it is difficult to see.
 - If something seems irregular, communicate it with the coaches right away.
 - Start medication right away.
- **Most prevalent skin diseases in wrestling and how to fight them**
 - **RING WORM** – A contagious fungus called tinea that infects the skin.
 - **CONTAGIOUS – MUST BE TREATED AND CLEARED BY A DOCTOR BEFORE WRESTLING**
 - **Symptoms:** Round, scaly patches on the scalp, trunk, or feet (athlete's foot). On the scalp, bald patches will appear. Ringworm on the trunk starts as small, round, red patches that are scaly and itchy. As the patch grows, others may appear in the surrounding area.
 - **What to do:** Wrestlers should have 2-3 tubes of Tinactin or Lotrimen available to them at all times (wrestling bag, home bathroom, locker). Put a healthy dose of cream onto area every hour or two until it goes away. If it doesn't go away or gets worse, then the wrestler should be taken to a dermatologist. Ask for a stronger cream or oral medicine (Recommended). Get an OHSAA Skin Disease form filled out and make sure the date returning is acceptable.
 - **IMPETIGO** – A contagious bacterial infection caused by staphylococcal or streptococcal bacteria.
 - **CONTAGIOUS – MUST BE TREATED AND CLEARED BY A DOCTOR BEFORE WRESTLING**
 - **Symptoms:** Usually appears around the nose/mouth area. A small patch of tiny blisters which soon break and expose a patch of red, moist, skin beneath. Gradually, the area becomes covered by a tan crust that looks like brown sugar. The infection then spreads at the edges and newly affected areas may develop.
 - **What to do:** Go to a doctor to get treatment right away. Get an OHSAA Skin Disease form filled out and make sure the date returning is acceptable.
- **Skin diseases are not limited to the above examples. If a wrestler sees or feels anything unusual, report it to the coaches right away!**
- **OHSAA Skin Disease Form** – If a wrestler has any skin disease that is noticeable to the referee at weigh-ins, the wrestler will NOT be able to wrestle without an OHSAA Skin Disease form that clears him to wrestle on or before that day. These forms can be found at www.OHSAA.org , www.Baumspage.com , or on www.Miamisburgwrestling.net (handouts). They should be taken to the doctor during the appointment to be filled out. This form may be asked for by Prodigy Coaches to insure the problem has been taken care of.