

# PHYSICIAN RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION

**Note to providers:** Non-contagious lesions do not require treatment prior to return to participation (e.g. eczema, psoriasis, etc.). Please familiarize yourself with NFHS Rule-4-2-3 which states: "If a participant is suspected by the referee or coach of having a communicable skin disease or any other condition that makes participation appear inadvisable, his coach shall provide current written documentation from a physician stating that the suspected disease or condition is not communicable and that the athlete's participation would not be harmful to his opponent. This documentation shall be furnished at the weigh-in or prior to competition in the dual meet or tournament. Covering a communicable condition shall not be considered acceptable and does not make the wrestler eligible to participate.

**Note:** If an on-site tournament physician is present, he/she may overrule the diagnosis of the physician signing this form.

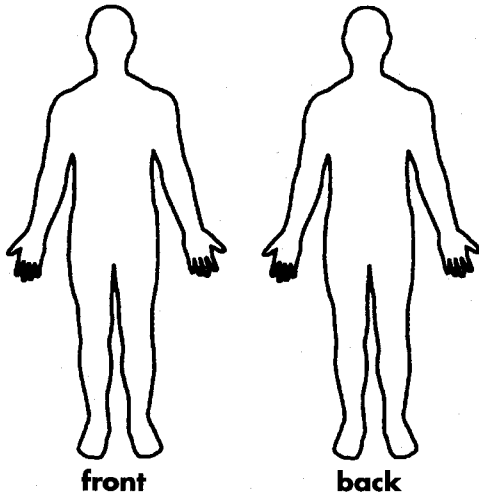
Below are some guidelines that suggest minimum treatment before returning to wrestling.

- **Bacterial diseases (impetigo, boils):** Oral antibiotic for 2 days and no drainage, oozing or moist lesions.
- **Herpetic lesions (Simplex fever blisters, Zooster, Gladiatorium):** No new lesion in 48 hours and all lesions scabbed over. No oral treatment is required.
- **Tinea lesions (ringworm scalp, skin):** Oral or topical treatment for 7 days on skin and 14 days on scalp.
- **Scabies, Head Lice:** 24 hours after appropriate topical management.
- **Conjunctivitis:** 24 hours of topical or oral medication and no discharge.
- **Molluscum Contagiosum:** 24 hours after curettage.

Name of Student

Date of Exam

Mark location(s) of lesion(s):



Diagnosis

 Communicable       Non-contagious

Describe location of lesions

Medication(s) used to treat lesion(s)

Date treatment started

Earliest date may resume participation

Physician's Name (printed or typed)

Physician's phone

Physician's Address

Physician's Signature

## ALASKA SCHOOL ACTIVITIES ASSOCIATION, INC.

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