

To: Wrestling Coaches, Athletic Directors and ATCs

Subject: Skin Infections

With the Colorado State Wrestling Championships just 2 weeks away we would like to encourage you to help make sure your athletes do not get sidelined because of skin infections.

We recommend the following actions:

- Prevention- remind athletes to shower immediately after practice/meets, change workout clothes/socks daily and do not share equipment or towels.
- Be Vigilant- look at athletes skin daily for wounds or lesions, clean and cover open wounds or scrapes so they don't get infected and let athletes know they should report skin lesions to the coaches or athletic trainer immediately.
- Seek Treatment- get athletes to a health care provider immediately for diagnosis and treat skin lesions. Many of these skin infections require minimum treatment times in order for the athletes to be eligible.

For reference, please see the attached form that all athletes must have in order to participate with skin lesions:

https://www2.chsaa.org/sports/wrestling/pdf/2018/2017_18_Apri_NFHS_WR_Skin_Lesion_Form.updated%202-5-15.pdf

Other sources include:

USA Wrestling:

<http://content.themat.com/SkinGuide.pdf>

National Wrestling Coaches Association Webinar:

<http://www.nwcaskinprevention.com/webinar/home.asp>