

MINNESOTA STATE HIGH SCHOOL LEAGUE  
WRESTLING SKIN CONDITION REPORT  
PHYSICIAN RELEASE FOR WRESTLER TO  
PARTICIPATE WITH SKIN LESION

**PRIVATE/CONFIDENTIAL DATA**

Name: \_\_\_\_\_ Date of Exam: \_\_\_/\_\_\_/\_\_\_

Mark Location of Lesion(s)

Diagnosis \_\_\_\_\_

\_\_\_\_\_

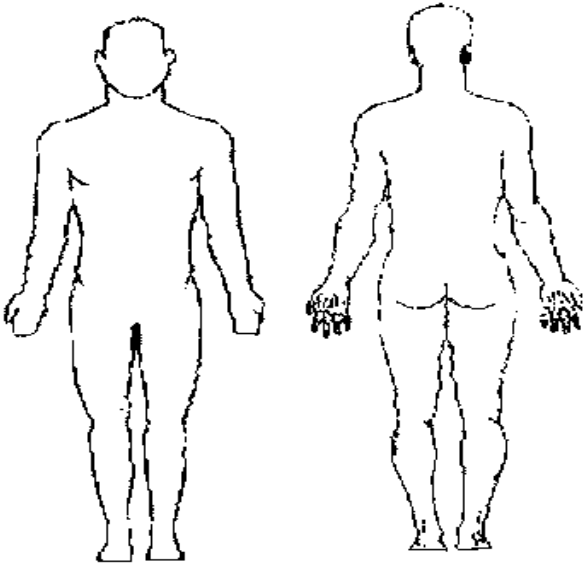
Location of Lesion(s) \_\_\_\_\_

\_\_\_\_\_

Medication(s) used to treat lesions(s): \_\_\_\_\_

Date medication started: \_\_\_\_\_

Earliest Date may return to participation: \_\_\_/\_\_\_/\_\_\_



Provider signature \_\_\_\_\_

Physician Name (Printed or typed) \_\_\_\_\_ Office Phone #: \_\_\_\_\_  
(M.D. or D.O.)

Office Address \_\_\_\_\_

The guidelines below are presented to help prevent transmission of skin infections to other participants. While they are stringent for viral infections, they are more lenient for others. They are guidelines based on accepted treatment protocols and clinical observations that error in favor of protecting the athlete from the more serious infections and yet being more tolerant of others. **Note to Providers:** *This document shall be furnished at the weigh-in or prior to competition in the dual meet or tournament.* Note: If an on-site tournament physician is present, he/she may overrule the diagnosis of the physician signing this form.

Below are some treatment guidelines that suggest minimum treatment before return to wrestling:

**Bacterial diseases (Impetigo, Boils, Hydradenitis, Folliculitis):** Oral antibiotic for 72 hours and no drainage, oozing, or moist lesions. If symptoms are still present at 72 hours, consider reevaluating for herpes. This can't be covered.

**Herpetic lesions (Simplex, fever blisters or cold sores, Zoster, Gladiatorum):** No new lesions in 72 hours and all lesions scabbed over. Wrestler must have been on appropriate dosage of systemic antiviral therapy and return to competition or practice on the 6<sup>th</sup> calendar day after starting medication. This can't be covered.

**Tinea lesions (Ringworm on scalp or on skin):** Oral or topical treatment for 7 days for skin lesions and oral for 14 days if on scalp or face. Skin lesions, other than face or scalp, must be covered with Bioocclusive dressing followed by Prewrap and tape to keep secure on surface.

**Scabies, Head Lice:** 24 hours after appropriate topical management.

**Conjunctivitis:** 24 hours of topical or oral medication and no discharge.

**Molluscum Contagiosum:** Only after treatment, then may be covered with Bioocclusive as with Ringworm.