

In the hopes of creating a unified system of skin lesion evaluation prior to wrestling matches and tournaments, the Sports Medicine Advisory Committee of The New Jersey State Interscholastic Athletic Association has developed the following protocol. The goal of implementing these guidelines is to grant the secondary school licensed athletic trainer, under the medical direction of his or her medical director, the authority to prohibit a wrestler from participating in the event proper documentation of a skin lesion is not provided, or if the condition of the skin lesion has evolved since the wrestler was last evaluated by his or her physician. It is highly recommended that athletic trainers meet in advance with their medical directors to establish a proper communication plan.

The Pre-Meet/Tournament Skin Check Procedure was developed by physicians, licensed athletic trainers, and nurses who have extensive backgrounds in high school athletics. The process was discussed in depth. It was decided that by providing the secondary school medical staff with authority to restrict a wrestler with an active skin lesion from participating in a wrestling match or tournament, the NJSIAA is providing a safer environment for a student-athlete to participate.

## Pre-Meet/Tournament Skin Check Procedure

1. Skin checks will take place during the weigh-in period and will be conducted by the host school athletic trainer and/or team physician.
2. The location of the weigh-ins will be determined by the host school. Examples include, but are not limited to, an athletic training clinic, locker room, or a classroom.
3. When conducting skin checks, a suitable undergarment must be worn. Suitable undergarments must completely cover the buttocks and groin area. Examples of suitable undergarments are underwear, gym shorts, and a singlet with straps down. Females must also wear a suitable undergarment that covers their breasts. Females are also permitted to wear a swimsuit.
4. If the host school district does not employ an athletic trainer, the host school team physician shall conduct the skin checks. The host school district is also permitted to hire a licensed athletic trainer to specifically conduct the skin checks.
5. One coach from each team is to be present at the time of the skin checks.
6. Athletes are to be marked with a stamp unique to each school to indicate the check has been completed. Officials are to check for this stamp during the nail check and rules review.

### Additional Points of Emphasis:

- The host school athletic trainer is to develop guidelines with their collaborating physician regarding the decision-making process and communication between them.
- The final decision regarding skin lesions rests with the host school athletic trainer under their collaborative care arrangement with the school/team physician.
- If a skin lesion is identified by the host school athletic trainer at the time of the weigh-in, the host school athletic trainer will determine if the athlete should be disqualified from wrestling in accordance with the protocol established between the host school athletic trainer and the collaborating physician.
- If the wrestler has a known skin lesion and a properly completed skin lesion waiver form that indicates the wrestler may wrestle, and no new lesions are evident, the wrestler is to be cleared for participation by the host school athletic trainer. An athletic trainer conducting skin checks under their collaborative care arrangement with the school/team physician can override a skin lesion form from a medical doctor, doctor of osteopathic medicine, physician's assistant, or advanced practice nurse and disqualify a wrestler.
- If the wrestler has a known or questionable skin lesion, but does not have a properly completed skin lesion waiver form, the wrestler will not be permitted to compete.
- If the wrestler has a known skin lesion, a properly completed skin lesion waiver form, but has a new or changed skin lesion compared to what is indicated on the skin lesion waiver form, the host school athletic trainer under their collaborative care arrangement with the school/team physician now has the authority to disqualify the wrestler from participation due to the presence of a new, progressed, or undocumented lesion.
- If in doubt, keep them out (as it relates to all new skin lesions).