

Name: _____

Date of Exam: ____ / ____ / ____

Below are MINIMUM Mandated TREATMENTS before return to wrestling:

•**Bacterial Diseases (impetigo, boils):** To be considered "non-contagious," all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 48 hours. **Oral antibiotic for three days is considered a minimum** to achieve that status. If new lesions continue to develop or drain after 72 hours, MRSA (Methicillin Resistant Staphylococcus Aureus) should be considered and **minimum oral antibiotics should be extended to 10 days** before returning the athlete to competition or until all lesions are scabbed over, whichever occurs last.

DATE OF TREATMENT _____ PHYSICIAN'S
INITIALS _____

•**Herpetic Lesions (Simplex, fever blisters/cold sores, Zoster, Gladiatorum):** To be considered "non-contagious," all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 48 hours. For primary (first episode of Herpes Gladiatorum), **wrestlers should be treated and not allowed to compete for a minimum of 10 days.** If general body signs and symptoms like fever and swollen lymph nodes are present, that minimum period of treatment should be extended to 14 days. Recurrent outbreaks require a minimum of 120 hours or five full days of oral anti-viral treatment, again so long as no new lesions have developed and all lesions are scabbed over.

DATE OF TREATMENT _____ PHYSICIAN'S
INITIALS _____

•**Tinea Lesions (ringworm scalp, skin): Oral or topical treatment for 72 hours on skin and 14 days on scalp.**

DATE OF TREATMENT _____ PHYSICIAN'S
INITIALS _____

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

DATE OF TREATMENT _____ PHYSICIAN'S
INITIALS _____

•**Conjunctivitis (Pink Eye): 24 hours of topical or oral medication and no discharge.**

DATE OF TREATMENT _____ PHYSICIAN'S
INITIALS _____

•**Molluscum: 24 hours after curettage**

DATE OF TREATMENT _____ PHYSICIAN'S
INITIALS _____

NJSIAA REGULATION: ANY WRESTLER JUDGED NOT FIT TO WRESTLE MUST PRESENT THIS FORM AT THE DESIGNATED WEIGH IN TIME (Rule 4.2.3). THIS FORM MUST BE SIGNED BY A LICENSED MD, DO, PA, APN, THAT AN EXAM TOOK PLACE PERTAINING TO THAT CONDITION WITHIN THE LAST SEVEN (7) DAYS CLEARING THAT WRESTLER FOR COMPETITION. THIS FORM MUST BE COMPLETED IN ITS ENTIRETY. FORMS NOT COMPLETED AND SUBMITTED AS PER NJSIAA REGULATIONS WILL BE DEEMED INVALID. EVEN IF PRESENTED WITH A SKIN LESION FORM, THE ATHLETIC TRAINER UNDER THEIR SCOPE OF PRACTICE CAN DETERMINE IF THE LESION NEEDS FURTHER DIAGNOSIS AND MUST HOLD THE ATHLETE FROM COMPETITION UNTIL REEVALUATED BY A PHYSICIAN. THIS FORM MUST BE AN ORIGINAL. COPIES, FAXES, EMAILS, ETC. ARE NOT VALID.

2020-2021