Office of Athletics

To: North Hunterdon High School Wrestling Parents
CC: Rich Bergacs, Bill Mowery, Nellie Greer, Bill Jehl, Karen Korbul & Tim Flynn
From: John Deutsch
Date: Tuesday, October 13, 2015
Re: Wrestling room cleaning guidelines

All Wrestling parents,

North Hunterdon High School strives to provide a comfortable and safe recreational wrestling room facility and a safe and clean environment for all students, visitors, and staff. Prior to the start of wrestling season, I wanted to give you a brief overview of the guidelines that North Hunterdon High School will be continuing to implement to minimize the spread of various skin infections as reviewed and approved by our school physician Dr. Wierzbicki.

Our cleaning guidelines were developed the past couple of years. These procedures I put together were reviewed by the Custodial/Maintenance Department, coaches, school doctor, school athletic trainer and school nurse. Our conference schools do not have a stricter cleaning policy than North Hunterdon High School. I also reviewed the National Collegiate Athletic Association (NCAA) infection control guidelines for additional reference information in which we follow similar standards. I am confident that the rooms will be maintained for the upcoming wrestling season.

North Hunterdon uses a disinfectant-cleaner called Butchers Blue Skies II and Butchers Carpe Diem. These are low-level disinfectants that are recommended by the NCAA guidelines. This cleaner is effective against many pathogens (Approximately fifty). Some of the more prominent ones include: Chlamydia, salmonella, staphylococcus, hepatitis, herpes, methicillin resistant (MRSA), HIV-1 (AIDS Virus), influenza (cold), rubella, bronchitis, etc. I have the pathogens on file and our custodial department has the Manufacturers Safety Data sheets. We also use Sani Guard Total release fogger and is effective for HIV, Ferpes, Staphylococcus and E-Coli.

The cleaning procedures have been put in place to aid against the spread of infections and other bacterial germs.
Cleaning:

- On Saturday November 21st the Wrestling room will be thoroughly cleaned by removing mats, washing walls, floors, both sides of the mats, removing dirt in corners and dusting. The head wrestling coach will coordinate taping the mats at the seams.

Season begins:

- After school approximately 2:15pm - Mats will be washed using a disinfectant cleaner then mats will be washed again at approximately 5:30pm (before outside wrestling organizations use it). Lastly, at 11:00 pm mats will be washed using a disinfectant cleaner including garbage removal, dirt in corners and dusting.
- The wrestling room will be cleaned daily with the Butchers Blue Skies II disinfectant\cleaning solution.
- The wrestling room will be sprayed daily with the Neutral Disinfectant Cleaner which is effective against viruses, blood and similar pathogens that Butchers Blue Skies II disinfectant\cleaning solution neutralizes.
- The Custodial\Maintenance Dept will make sure that the present mops are replaced and a new mop head will be used for each cleaning. Cleaning will proceed from the back of the mat towards the front. Additionally, swiffers will be used to aid in the cleaning process.
- The Custodial\Maintenance Dept will review the cleaning procedures along with blood cleanup with staff.
- The Custodial\Maintenance Dept will assure custodial\maintenance staff on duty for matches will know the general cleaning procedures as well as blood cleanup procedures.
- The solution in the cleaning buckets will be changed once the water is dirty. During wrestling events the mats will be cleaned with Butcher’s Carpe Diem.
- The head wrestling coach will check everyday that the wrestlers are showering in school after practices and matches, cleaning their practice and game uniform gear. Parents will be notified of the required showering and cleaning of gear. Dr. Wierzbicki believed that showering and cleaning their clothes is the most important procedure to follow. Furthermore, Dr. Wierzbicki continues to be impressed with our cleaning procedures and believes it is one of the best he has ever seen.
- The head wrestling coach will review the cleaning procedures with the outside groups that use the wrestling room such as the NH Wrestling Club. Each wrestling organization will sign-off that it has reviewed the cleaning procedures and assure that their athletes are showering and cleaning their gear.
- The athletic director will review the signoff sheet weekly.
- There will be a daily cleaning sign-off sheet that the wrestling coach and the Custodial\Maintenance supervisor will need to approve.
- No physical education classes or activities will be allowed to use this room during wrestling season
- The lights in the wrestling room will remain on at night to limit the incubation of bacterial, viral and fungal pathogens.
- The temperature of the room will be decreased when the room is vacant.
- The North Hunterdon Custodial\Maintenance staff will be the only ones permitted to clean the mats. Outside organizations will not be allowed to use their equipment or chemicals because they may dilute our solutions.

Maintenance:

- The programmable thermostat will be programmed to the athletic director’s instructions and secured for proper operation. No coaches or athletes may alter this thermostat.
• The HVAC is presently will allow for approximately 50% outside air and controlled elements inside. Temperature will be controlled for practice times and decrease while the room is not in use.
• Place mats will be placed outside of the entrances to limit the tracking of dirt.
• We will have a sole mat that is designed to clean the wrestler's shoes prior to their stepping on the wrestling mat or into a match. The custodial staff will make sure there is disinfectant in it every day.
• The Custodial\Maintenance Supervisor will add staff as needed to make sure the wrestling room is cleaned properly.
• The mats will be swab tested for microorganisms, bacteria, etc. The Lab results have always come back negative and the school doctor is always impressed with the clean mats.

You will also receive a packet from our trainer’s office on an overview of skin diseases in wrestling to review with your family. If you have any questions or concerns, please consult our head wrestling coach for additional information.

Thank you for your support and understanding.

John Deutsch – Athletic Director

Richard Bergacs, EdD
Principal

Tim Flynn – Head Wrestling Coach

GO LIONS!
Overview of skin disease in wrestling

PREVENTION:

The best protection against skin infection is prevention. There are some simple ways to keep infection to a minimum.

Clean clothes should be worn to practice daily. They should go home with you after practice and get washed right away.

You will need to shower right after practice with antimicrobial/antibacterial soap. A clean towel is needed daily. Bring home your towel every day and wash it. Do not hang it up in your locker for tomorrow.

Do not wear your wrestling shoes outside of the wrestling room. Clean off the soles with a antimicrobial wipe.

If you have anything on your skin, scratches, skin disease, etc. show it to your parents, the coach and the athletic trainer. Keep everything covered. Do not let a scratch become a portal for another organism.

Do not use a hot tub or whirlpool if you have skin disease.

When should I see a doctor for my skin problem?

General rules are that if you have any of the following, you will need to see a physidan as soon as possible:

- Lesions with red, flaky border, weepy lesions especially those with yellow fluid or pus
- Any lesion associated with fever, redness, swollen lymph nodes or that produces pins and needles (tingling)
- Any lesion around the mouth, or that crosses the face into the scalp
- Any lesion that redevelops in the same area as a previous infection
- Lesions that itch and spread in area and size

What should I do if I have an infection?

First tell the coach, your parents and the athletic trainer.

Keep it covered.

If you have something on your face, change your pillowcase daily. Wash all clothing you wear, any towels you use etc. Do not share clothing or towels.

If you have it on your body and it is not covered at night, change your sheets daily.
Follow your doctor’s instructions for treatment. If you need to apply cream three times a day and cover, make sure you do it three times daily.

If you have something on your face, do not shave over it. If you have shaved over it, throw out the razor or the blades.

Use antibacterial soap.

What if I do not know what skin disease looks like?

Here is an outline of the most common types of skin disease found in wrestling:

Ring worm, Tinea Corporis is a FUNGAL lesion. This should be treated with an ANTIFUNGAL ointment like Lotrimin, or Lamisil. In large cases the doctor will prescribe oral anti-fungal medication. Ring Worm will appear round, with a red outline and a clear area inside the circle. The outline may be raised and crusted. When they are “dead” or no longer contagious, they lose the redness and dry out. They will fade back to skin color.

Impetigo is a BACTERIAL infection and should be treated with an antibiotic ointment, such as Bactroban, or oral antibiotics, such as amoxicillin or doxycycline. This usually requires a doctor’s visit. All lesions are considered infectious until each one has a well adhered scab without any drainage or weeping fluids. Impetigo appears as a raised blister filled with honey colored pus, when they rupture or weep they crust over with yellow scabs.

MRSA or Methicillin Resistant Staphylococcus aureus bacteria is a BACTERIAL infection that is very serious. It appears as a raised pimple and rapidly expands to a large area. It is usually painful, hot to the touch. This is sometimes confused as a spider bite. Lesions may begin as small pustules and develop into large abscesses. This may require a hospital stay. Oral antibiotics are used.

Herpes Gladiatorum or Simplex is a VIRAL infection caused by skin to skin contact with most outbreaks occurring on the face, neck or head. It is characterized by a raised rash with grouping of 6-10 vesicles (blisters). This may be accompanied by sore throat, fever, malaise and swollen cervical lymph nodes. This is treated with ANTIVIRAL medication like Valtrex or Zovirax. You will need to see the physician for this condition. This is from the same organism that causes chicken pox and cold sores.

Molluscum Contagiosum is a type of wart that is a VIRAL infection. These are usually cut out by your doctor with a curette, and you would use a topical antibiotic ointment and cover.
Skin Infections in Athletes

Skin infections account for up to 10% of time-loss injuries in some sports and can cause serious illness. Skin infections can be spread from one athlete to another. You can help protect athletes from becoming sick or losing playing time due to skin infections.

The three most important skin infections are:

**Staphylococcus aureus “Staph”**
- Caused by: bacteria
- Typically: one or more painful sores, with pus surrounded by redness, sometimes associated with fever

**Herpes**
- Caused by: virus, the same virus that causes cold sores in the mouth
- Typically: one or more painful blisters with clear fluid surrounded by redness

**Tinea “Ringworm”**
- Caused by: fungus
- Typically: itchy, dry, red, circular patches

Skin infections can lead to:
- Lost playing time
- Scarring, sometimes on face
- Wounds or rashes that keep recurring
- Rarely, serious life-threatening infections if not treated quickly

What are the risk factors for passing skin infections from one person to another?
- Skin-to-skin contact
  - Wrestling and football are the sports with the most number of outbreaks
  - Outbreaks have been reported among participants in many other sports
- Inadequate hand washing
- Sharing sweaty or dirty clothes, towels, or equipment
- Breaks in the skin, sores, or open wounds particularly if they are draining fluid and are not covered by a bandage that covers the entire wound
- Not showering after every practice or game

When should I refer an athlete to a health care provider?
- Any lesion, sore, or rash on the skin you are concerned about, especially those that are red, swollen, or draining fluid
- The athlete also has other signs of illness such as fever or vomiting
- Multiple athletes have similar symptoms

When should I exclude an athlete from competition or practice?
- When the athlete has any concerning lesion, sore, or rash until evaluated by a health care provider
- In general, if an athlete has an infection with fluid draining from the wound and participates in a sport with a lot of skin-to-skin contact, they should be excluded until the infection is healed

When can I allow an athlete to return to competition or practice?
- Consult with the athlete’s health care provider and specific sports league rules
# Skin Infections in Athletes

## Prevent the spread of infections!

<table>
<thead>
<tr>
<th>Athletes' responsibilities</th>
<th>Coaches, Officials, and Team Leaders responsibilities</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Report all sores or concerning skin problems to a coach, athletic trainer, school nurse, or other health care provider. Tell she/he that you participate in sports.</td>
<td>1. Observe the athletes for skin problems. Encourage and support athletes to report sores, lesions, and rashes. Refer them to a health care provider if concerning.</td>
</tr>
</tbody>
</table>
| 2. Before and after skin-to-skin contact athlete:  
  - Wash your hands with soap and running water for 15-20 seconds or,  
  - Use alcohol-based hand rub if hands are not visibly dirty | 2. Promote good hand washing:  
  - Athletes: before and after skin-to-skin contact  
  - Coaches and officials: before and after contact which each athlete |
| 3. After being checked by a health care provider, completely cover all sores, lesions, rashes, and wounds with a water-proof bandage so no fluid can drain from it. Change the bandage if it become wet. | 3. After being checked by a health care provider, ensure all sores, lesions, rashes, and wounds are covered by a water-proof bandage that prevents any fluid draining from the wound before and during participation. |
| 4. Do not share water cups or bottles. | 4. Ensure athletes have access to bottles or cups that are not shared. |
| 5. Shower immediately after every practice and game before going home.  
  - Use warm water and liquid soap  
  - Use only your own towels, razors, or wash clothes and do not share them with others | 5. Ensure athletes shower immediately after every practice and game before going home  
  - Ensure that showers are functional with warm water and liquid soap available  
  - Ensure that towels, razors, or wash clothes are not shared |
| 6. Never share sweaty or dirty towels or clothing. Launder all towels or clothes after each wearing according to label directions. | 6. Ensure provided towels, uniforms, or clothing are laundered and dried after each use according to label directions. |
| 7. Use clean personal equipment such as pads, head gear, etc. | 7. Assist in the cleaning of all personal equipment such as pads, head gear, etc. per manufacturer’s instructions. |
| 8. Follow coach’s instructions for cleaning and disinfection of shared equipment such as mats. | 8. Develop and implement cleaning and disinfection protocols for all shared equipment such as mats. |

For more information see: [www.health.state.mn.us/divs/idep/dtopics/athlete/](http://www.health.state.mn.us/divs/idep/dtopics/athlete/)
National Federation of State High School Associations  
Sports Medicine Advisory Committee  
MEDICAL RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION

Name: ____________________________________________  
Date of Exam: ____ / ____ / ____

Diagnosis ____________________________________________  
Mark Location AND Number of Lesion(s)

Location AND Number of Lesion(s) ____________________________

Medication(s) used to treat lesion(s): ____________________________

Date Treatment Started: ____ / ____ / ____

Form Expiration Date: ____ / ____ / ____

Earliest Date may return to participation: ____ / ____ / ____

Provider Signature ____________________________ Office Phone #: ____________________________

Provider Name (Must be legible) ____________________________

Office Address ____________________________

Note to licensed MD, DO, PA, APN: Non-contagious lesions do not require treatment prior to return to participation (e.g. eczema, psoriasis, etc.). Please familiarize yourself with **NFHS Rules 4-2-3, 4-2-4 and 4-2-5 which states:**

"ART. 3. If a participant is suspected by the referee or coach of having a communicable skin disease or any other condition that makes participation appear advisable, the coach shall provide concise written documentation as defined by the NFHS or the state association, from a licensed MD, DO, PA, APN stating that the suspected disease or condition is not communicable and that the athlete's participation would not be harmful to any opponent. This document shall be furnished at the weigh-in for the dual meet or tournament. The only exception would be if a designated, on-site meet a licensed MD, DO, PA, APN is present and is able to examine the wrestler immediately prior to or immediately after the weigh-in. Covering a communicable condition shall not be considered acceptable and does not make the wrestler eligible to participate."

"ART. 4. If a designated licensed MD, DO, PA, APN is present, he/she may overrule the diagnosis of the licensed MD, DO, PA, APN signing the medical release form for a wrestler to participate or not participate with a particular skin condition."

"ART. 5. A contestant may have documentation from a licensed MD, DO, PA, APN only indicating a specific condition such as a birthmark or other non-communicable skin condition such as psoriasis and eczema, and that documentation is valid for the duration of the season. It is valid with the understanding that a chronic condition could become secondarily infected and may require re-evaluation."

PLEASE NOTE: Form modified to define "appropriate health care professional" as a licensed MD, DO, PA, APN

Once a lesion is not considered contagious, it may be covered to allow participation.

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

**Bacterial Diseases (Impetigo, Boils):** To be considered "non-contagious," all lesions must be scabbled 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 scabbled over, whichever occurs last.

**Herpete Lesions (Simplex, fever blisters/cold sores, Zoster, Glandiatorum):** To be considered "non-contagious," all lesions must be scabbled over with no oozing or discharge and no new lesions should have occurred in the preceding 48 hours. For primary (1st episode of Herpes Glandiatorum), 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 as long as no new lesions have developed and all lesions are scabbled over.

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

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

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

NJSIAA REGULATION: ANY WRESTLER JUDGED NOT FIT TO WRESTLE MUST PRESENT THIS FORM AT THE DESIGNATED WEIGHT IN (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.

Revised/Approved by NFHS SMAC -- October, 2012
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STUDENT INFORMATION

NAME: ___________________________ GRADE: ______

INJURED IN: (1) PRACTICE  (2) GAME

DATE OF INJURY: ________________

SPORT: ___________  POSITION: ___________

MECHANISM OF INJURY: ____________________________________________

____________________________

PHYSICIAN

DIAGNOSIS: ______________________________________

TREATMENT/REHABILITATION: _______________________________________

____________________________

RECOMMENDATIONS:

(1) No Practice until _____________  (5) Expected return to activity _____________
(2) Running only – no contact _____________  (6) No restrictions _____________
(3) Practice with no contact _____________  (7) Other _____________
(4) Excuse from gym until _____________

NEXT APPOINTMENT: _____________

TREATED BY: ______________________ DATE: ______________

PHYSICIAN STAMP AND PHONE NUMBER: ________________________