

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

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

Mark Location of Lesion(s)

Diagnosis \_\_\_\_\_

\_\_\_\_\_

Communicable \_\_\_\_\_ Non-Contagious \_\_\_\_\_

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

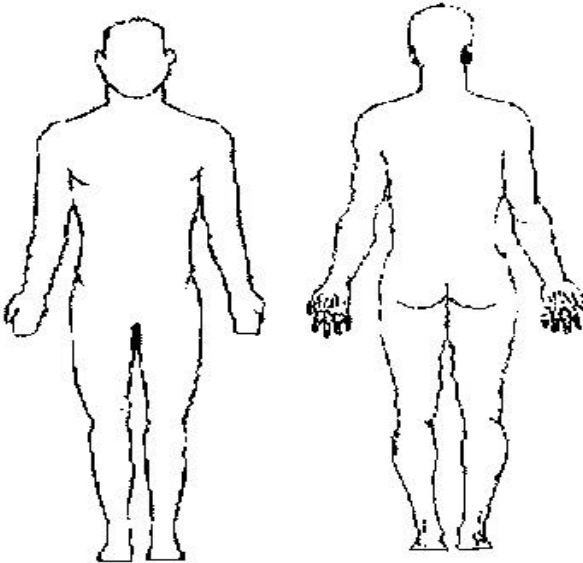
\_\_\_\_\_

Date Treatment Started: \_\_\_/\_\_\_/\_\_\_

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

\_\_\_\_\_

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



Physician Signature \_\_\_\_\_

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

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

**Note to Providers:** Non-contagious lesions do not require treatment prior to return to participation (e.g. eczema, psoriasis, etc.). Please familiarize yourself with NFHS Rule 4-2-3 which states: "If a participant is suspected by the referee or coach of having a communicable skin disease or any other condition that makes participation appear inadvisable, his coach shall provide current written documentation from a physician stating that the suspected disease or condition is not communicable and that the athlete's participation would not be harmful to his opponent. **Covering a communicable condition shall not be considered acceptable and does not make the wrestler eligible to participate.** 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):** Oral antibiotic for 72 hours and no drainage, oozing, or moist lesions.

**Herpetic lesions (Simplex fever blisters, 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 for at least 72 hours before and at the time of the meet or tournament.

**Tinea lesions (Ringworm on scalp or on skin):** Oral or topical treatment for 72 hours if on skin and oral for 14 days if on scalp.

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

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

**Molluscum Contagiosum:** Only after curettage.

Provider Signature