

LEHIGH VALLEY HEALTH NETWORK

MEDICAL SERVICES INFORMATION:

1. Each school is responsible for the physical wellbeing of its respective team members upon their arrival. However, the National Prep Medical Staff has the final jurisdiction over all injuries or accidents occurring during competition.
2. All wrestlers will have a thorough skin exam at registration. The Tournament Medical Staff will make final determinations.
3. The entry fee will not be refunded for medically disqualified participants.
4. Certified and licensed trainers will be permitted to be on the floor and issued wristbands appropriately with proof of proper credentials.

Medical Services at the National Prep Tournament will be provided by Lehigh Valley Health Network. As an established orthopedic and sports medicine leader, Lehigh Valley Health Network brings a high level of experience and expertise to this event. Athletic trainers will be available before, during and after the meet to care for injuries. The tournament will feature a designated Lehigh Valley Health Network Athletic Training area for off-mat treatment with select modalities. To streamline the treatment processes, athletes may find it helpful to bring a note from their home school athletic trainer detailing the specifics of their injury and treatment needs. Such information is certainly not mandatory but may be helpful in expediting the athlete's treatment sessions. Lehigh Valley Health Network is proud to partner with the National Prep tournament and we look forward to a healthy tournament for all involved. For more information, email danielle.giuliani@lvhn.org

IMPORTANT MEDICAL INFORMATION

During the National Prep Wrestling Tournament, the following procedures will apply to the management of Skin Infections. The Tournament Physician will coordinate the pre-participation skin examinations for all wrestlers in accordance with the National guidelines used by the NCAA for wrestling duals, tournaments and championships. (see attached)

Skin examinations will occur prior to participation and will be conducted via on-site visual examination. Microscopic exams may be done for highly questionable lesions at the Tournament Physician's discretion. The on-site examination and physician statement is conclusive, final and may overrule prior clearance/direction from the athlete's own physician.

The Tournament Medical Staff will not tolerate any coach or wrestler who purposely attempts to "**camouflage**" an area of a potentially infectious skin rash or skin eruption. There will be serious consequences, including disqualification of a wrestler and or coach, team penalty points or sanctions in the ensuing year. Furthermore, any "**skin eruption**" that cannot be definitively characterized (ex: due to application of a bleach product resulting in an open wound/chemical burn) will be considered potentially infectious and the wrestler will be disqualified.

Based on these processes, we strongly recommend a screening of each wrestler by a knowledgeable physician prior to the team's arrival, preferably one week before the tournament. The skin infection guidelines should be reviewed by your attending physician to further lessen the possibility of a wrestler being disqualified. For existing skin lesions/infections, please bring written confirmation of treatment regimen signed by your treating physician. *Any skin form or written confirmation of treating lesion will*

*need to be presented PROR to the start of a student athlete's skin check. No forms or physician notes will be accepted once the skin check has begun. **The decision of the on-site examination by the National Prep Medical Staff is final.*** We strongly suggest that coaches, athletic trainers and treating physicians contact us prior to the tournament with any real cases of concern or any question regarding a recommended treatment at natpreps@natprepwestling.com.

We feel strongly that these simple epidemiological principles will go a long way in preventing highly contagious skin diseases among wrestlers. These efforts should be made to ensure the safety of your wrestlers and viability of wrestling as a sport. We thank you for your cooperation and wish you a healthy and successful season.

MEMORANDUM

TO: All Teams Participating in the National Prep Wrestling Tournament
FROM: **National Prep Medical Services**
RE: Personnel, Equipment and Services Available for the Tournament

MEDICAL COVERAGE INFORMATION:

Medical Services at the National Prep Tournament will be provided by Lehigh Valley Health Network. As an established orthopedic and sports medicine leader, Lehigh Valley Health Network brings a high level of experience and expertise to this event. Athletic trainers will be available before, during and after the meet to care for injuries. The tournament will feature a designated Lehigh Valley Health Network Athletic Training area for off-mat treatment with select modalities. To streamline the treatment processes, athletes may find it helpful to bring a note from their home school athletic trainer detailing the specifics of their injury and treatment needs. Such information is certainly not mandatory but may be helpful in expediting the athlete's treatment sessions. Lehigh Valley Health Network is proud to partner with the National Prep tournament and we look forward to a healthy tournament for all involved. For more information, email danielle.giuliani@lvhn.org

- There will be a number of certified athletic trainers on site for the duration of the tournament. They will be centrally located on the floor and will handle any injuries that occur. *The athletic trainers will have the final decision regarding all medical disqualifications.*
- There will be an advanced medical professional on site during portions of competition, and we will be using Lehigh Valley Health Network as a referral source. An ambulance crew will be on site for the duration of the event.

St. Luke's Hospital

Hospital Information (610) 954-4000
Emergency Room (610) 954-4500

Lehigh Valley Hospital at Muhlenburg

Hospital Information (610) 861-2201
Emergency Room (610) 861-2521

FACILITIES:

* There will be an athletic training room/area provided for the use by all participating athletes. We will provide injury ice, biohazard disposal, first aid supplies and minimal taping supplies. Please bring materials for any athletes needing taping. No modalities provided. Any athlete requiring the application of modalities should bring the modality with them.

EQUIPMENT/SERVICES:

- Skin Exams/Weigh-Ins: Skin examinations will be held in Stabler Arena on Registration Thursday. Weigh-Ins will be held Friday morning before competition. Water will be provided during weigh-ins. Please see attached letter regarding skin examination protocol.
- Water: Water stations will be set up on the four corners of the arena during the tournament.
- Injury Ice: Injury ice will be available in the athletic training room area at all times during the event. Ice supplies are limited, therefore ice is provided *only* for injury. Ice will not be provided for beverages.

- **Emergency:** An ambulance crew will be on hand and in radio communication with the medical staff for the duration of the event. The athletic training room will be supplied with directions/phone numbers for area hospitals. Orthopedic injuries needing further evaluation will be referred to either Lehigh Valley Health Network or the ER of St. Luke's. Participants are encouraged to bring proof of insurance with them to the tournament in the case of an injury. Lehigh University is *not* responsible for any costs incurred from an injury sustained during the tournament.
- **Registration:** Visiting Athletic Trainers are asked to come to the registration/weigh-in/skin exam session in order to receive their floor pass. The Head Tournament Athletic Trainer will be on-site to answer any questions regarding medical services coverage and to assist the visiting athletic trainers where possible. If you have any questions or concerns regarding the Medical Services for the National Prep Tournament, please email us at natpreps@natprepwrestling.com and leave a description of the problem or question. Please include your name, telephone number and the best time to receive a return call.

TOURNAMENT GUIDELINES FOR DISPOSITION OF SKIN INFECTIONS

Herpetic Lesions (Simplex, fever blisters/cold sores, Zosters, Gladiatorum)

Primary Infection

1. Letter from team physician to include clinical diagnosis, culture results (if done), verification of, and dates of systemic antiviral therapy.
2. Skin lesions must be surmounted by a FIRM ADHERENT CRUST at competition time and have no evidence of secondary bacterial infection.
3. For primary (first episode of Herpes Gladiatorum) infection, the wrestler must have developed no new blisters for 72 hours before the examination.
4. Wrestler must be free of systemic symptoms of viral infection (fever, malaise, etc.).
5. **Wrestler must be on appropriate dosage of systemic antiviral therapy for at least 120 hours (5 days) prior to and at the time of the tournament.**
6. **Active herpetic infections shall not be covered to allow participation.**

Recurrent Infection

1. Letter from team physician to include clinical diagnosis, verification of, and dates of systemic antiviral therapy.
2. Skin lesions must be surmounted by a FIRM ADHERENT CRUST at competition time and have no evidence of secondary bacterial infection.
3. **Recurrent outbreaks require a minimum of 120 hours (5 days) of appropriate dosage of systemic antiviral therapy**
4. **Active herpetic infections shall not be covered to allow participation.**

Bacterial Infections (Furuncles, Carbuncles, Cellulitis, Erysipelas, Folliculitis, Impetigo, Staphylococcal, MRSA)

1. Letter from team physician to include: Clinical diagnosis, culture results (if done) sensitivity results (if done), and dosages, dates and names of antibiotic therapy. (Cultures and sensitivities are strongly encouraged and to select proper antibiotic therapy).
2. Wrestler must have been without any new skin lesions for 48 hours prior to the tournament.
3. Wrestler must have completed a minimum of 72 hours of antibiotic therapy and have no moist, exudative, or draining lesions at tournament time.
4. Gram stain of exudate from questionable lesions (if available).
5. **Active bacterial infections shall not be covered to allow participation. See above criteria when making decisions for participation status.**

Tinea Infection (Ringworm)

1. Letter from team physician to include Clinical diagnosis, culture results (if available), names of antifungals used and dates of treatment.
2. A minimum of 3 days of topical or oral antifungal therapy is required for skin lesions. A minimum of two weeks (14 days) of systemic antifungal therapy is required for scalp lesions.
3. Wrestlers presenting appropriate documentation of a diagnosed Tinea infection, is under treatment, and the infection is in a coverable area, may participate even though the 72 hours have not expired.
 - a. Activity of treated lesions can be judged by examination AND/OR review of therapeutic regimen. Wrestlers with solitary, or closely clustered, localized lesions will be disqualified if lesions are in a body location that cannot be securely covered. Covering routine should include selenium sulfide washing of lesion or ketoconazole shampoo (Nizoral), followed by application of naftifine gel or cream (Naftin) or Oxystat cream 1%, then gas permeable dressing such as Op-site or Bioclusive followed by ProWrap and stretch tape. Dressing changes should be done after each match so that the lesion can air dry. Any athlete that requires these treatments will need to provide them themselves; medical staff does not have access to these medications.

Scabies

1. Letter from team physician describing and verifying appropriate treatment with scabicide.
2. Wrestler must have negative scabies prep at tournament time.

Molluscum Contagiosum

1. Lesions must be curetted or removed before the meet or tournament and adequately covered.
2. Letter from team physician to include clinical diagnosis, verification of, and dates of evaluation/removal.

Pediculosis (Lice)

1. Letter from team physician describing and verifying appropriate treatment with pediculocide.
2. Wrestler must be treated with appropriate pediculocide and re-examined for completeness of response before wrestling.

Verrucae

1. Wrestlers with multiple digitate verrucae of their face will be disqualified if the infected areas cannot be covered with a mask. Solitary or scattered lesions can be curetted away prior to tournament but cannot be seeping.
2. Letter from team physician to include clinical diagnosis, verification of, and dates of evaluation/removal.
3. Wrestler with multiple verrucae plana or verrucae vulgaris must have the lesions covered.

Hidradenitis Suppurativa

1. Wrestler will be disqualified if extensive or purulent draining lesions are present; covering is not permissible.