Skin Infections in Wrestling

Special Subcommittee Meeting with Sports Medicine and Wrestling

October 7, 2014 at 2pm

Attendance from Sports Medicine:
Richard Pearson – Sports Medicine Liaison
Stephen Beaudoin – Medical Doctor
Nathan Lamar - Assistant Principal at Malden HS

Attendance from Wrestling:
Phil Vaccaro – Wrestling Liaison
Phil Napolitano – Executive Assistant
Bill Wassel – State Tournament Director
Manny Costa – Coaches Rep

Dr. Beaudoin gave a detailed presentation on skin infections in the sport of wrestling. He is a former wrestler and current coach so he has seen these things first hand. He compared stats from 2010-2011 in which 3% of missed wrestling competitions were due to skin infections. In 2012-13 this number was up to 20%.

A lot was discussed on the prevention of skin infections. Dr. Beaudoin suggested the use of wipes after each practice and completion. He felt that if each wrestler wiped down with medical wipes or sanitation wipes every time they get off the mat, it would prevent a lot of the skin infections.

3 main suggestions for MIAA to adopt.

1. Use the Physicians Release form as the REQUIRED/ONLY form the doctors can sign and the wrestler must bring this exact form to the meet in order to be cleared to wrestle (if they have skin condition). No more generic doctors notes. Suggested edits to this form were made as well.

2. It was also highly recommended that during skin checks, we break the wrestlers into two lines. Line 1 is for those with clear skin....Line 2 is for those with visible skin marks and those with the Physician Release Form. This will allow for more thorough checks on the wrestlers with potential skin infections.

3. We should have skin checks on the 2nd day of multi-day event, not just the 1st day.

Education wise, should we send Dr. Beaudoin (or someone with his knowledge) to the MA Wrestling Coaches Meeting in December and/or Officials Meeting in which nearly all the coaches and officials attend.

A website called The Mat Doc has a nice pamphlet that we could send to each school that shows certain skin infections and what to look for.