

## FCPS Athletic Training Program Communicable Disease Information Sheet

Because most sports involve both physical contact and shared equipment and facilities, athletes have an increased risk of contracting a communicable disease, particularly a skin infection. Transmission of disease and skin infection can be minimized when athletes take part in diligent and proper hygiene practices. Skin infections include, but are not limited to, ringworm (fungal infection), staphylococcus including MRSA and impetigo (bacterial infections), herpes (viral infections), and conjunctivitis (pink eye). Most skin infections are treatable by a health care professional, although some forms of skin infections can not be cured.

Following the guidelines below will reduce the potential for contracting a communicable disease:

- All athletes should shower with soap and water immediately following practices or competitions.
- Athletes should not share clothes, towels, soap, razors, etc.
- Sports equipment in direct contact with skin (helmets, headgear, etc.) should be cleaned and sanitized after each use using a bleach solution mixed daily or a commercial EPA-approved product.
- All clothes worn during practice and competition should be washed daily.
- All towels should be washed daily.
- Athletes should carefully and thoroughly inspect all areas of their bodies for lesions or signs of skin disorders daily. This includes the entire scalp area in sports such as wrestling.
- Lesions that are identified during self-inspection are to be brought immediately to the attention of the coach and the school's certified athletic trainer.
- Athletes with skin infections must follow the direction of the certified athletic trainer regarding participation in practices and competition.

-----cut and retain the top portion, return lower portion signed to the certified athletic trainer-----

**Complete the portion below and return it to the certified athletic training staff at your school.**

*The undersigned understand and accept the risk of the skin infections associated with participation in sports. We agree to follow the guidelines provided regarding practicing good hygiene and reporting all lesions to the certified athletic trainer.*

\_\_\_\_\_  
Printed name of student athlete

\_\_\_\_\_  
Signature of student athlete

Sport you will participate in this season: \_\_\_\_\_

\_\_\_\_\_  
Printed name of parent or guardian

\_\_\_\_\_  
Signature of parent or guardian

Date \_\_\_\_\_