

# RING WORM

## Tinia Corporis

Every wrestling room in the nation has the fungus. It hides in the cracks and under the mats. It's highly contagious and even rooms with the best hygiene procedures can have or get it because you can catch it from household pets. We aim to prevent infection by stopping the spread of ringworm as soon as it is detected.

We disinfect the mats before every practice, at least on the top. The problem is that when we send our wrestlers to a tournament, 1% to 2% of the kids will have it and it is not detectable yet, they come in contact with our wrestlers or the tournament mats, and its back in our room the next day.

It's a fungus related to athletes' foot and has nothing to do with worms. It likes hot sweaty rooms, and is worse in the Spring & Summer. Anti-bacterial or Anti-Fungal soap prevents it, but you only need one slob out of all your kids to infect the whole room. All wrestlers must shower after every wrestling activity.

Lecture your kids about hygiene. Be sure and ask them if they'd like to have it between their legs, the worm loves sweaty groins. If they flop on the couch, take a shower, then flop on the couch after their shower, guess what. If they handle their back-pack or books after practice, go home, take a shower, throw their clothes in the dirty laundry, then do their homework, guess what. All wrestlers must shower after every wrestling activity.

The same is true of work-out shorts, shoes, sweats and knee pads. Very few wrestlers wash their work-out clothes every night. If any wrestler has it all wrestlers must take **ALL** of their dirty laundry home and wash it every day, including their shoes and knee pads.

Also, if your wrestlers wash or shower with anti-bacterial soap just before practice they will be protected for an hour or two. Kennedy Industries has product sold in aerosol called KS that offers some protection, and is a lot more convenient than washing and showering before practice and tournaments.

<http://www.kennedyindustries.com/>

Do not let the kids use bleach on their skin. It will burn their tissue and scar them for life. Check with your local pharmacist. They can recommend several over the counter products [like CloromitraSol, Cortisone, Tinactin] that will take 48 to 72 hours to work if you keep the area scrubbed, dry and treated every two hours. The doctor will tell you twice a day, but set your alarm and treat at least 4 to 6 times a day for faster results.

It's best to scrub with anti-fungal soap and keep the area uncovered, dry and exposed to the light when not training. Medical professionals will tell you to keep the kids off the mat while they are infected, but this is not always practical. The worm has a way of coming on strong the week before the end of the season.

Make sure you force the kids to take or apply topical medication for at least 7 to 10 days even AFTER the symptoms have cleared up because the fungus can still be under the skin.

If it's critical that infected wrestlers keep training, make sure the infected area is completely taped and covered to minimize skin to skin contact with training partners.

If you get infected, you must have a doctor's note signed and dated within 24 hours of the start of the event in order to wrestle. This is a CIF rule and is not negotiable. This rule will remain in effect for that wrestler until all symptoms have disappeared.