

Tips for Parkway

January

Week 1- SKIN CONDITIONS:

The nature of athletics exposes the skin of its participants to a wide variety of stresses. Skin infections in athletes are extremely common. Recognition of these diseases by certified athletic trainers (ATs), who represent the first line of defense against spread of these infections to other team members, is absolutely essential. There are three types of infections: fungal, bacterial, or viral.

When having a possible skin infection, Athletic Trainers recommend:

Prevention: A clean environment must be maintained in the athletic training facility, locker rooms, and all athletic venues. Athletes must be encouraged to follow good overall hygiene practices. Athletes are encouraged to report all abrasions, cuts, and skin lesions to and to seek attention from an AT for proper cleansing, treatment, and dressing.

Education: Coaches must be informed of the importance of being vigilant with their athletes about following infection control policies to minimize the transmission of infectious agents. Athletes must be discouraged from sharing towels, athletic gear, water bottles, disposable razors, and hair clippers.

Treatment: depending if it is fungal, bacterial, or viral, most treatments are topical ointment, oral antibiotics, and exclusion of sport up to 4 days.

MRSA: Is an infection and an antibiotic-resistant strain. If this is the infection it is imperative to immediately isolate the athlete from other team members and be referred to a knowledgeable physician, so they can find the right treatment, which is tricky.

It is important to report all skin infections/lesions to your school's athletic trainer, to stop the spread and to be able to return to sport as soon as possible.