



Illness Guidelines

In order to keep our team healthy, it is important to stay home from practice if your child is ill. The following are guidelines to follow if you are unsure if your child should practice or participate in tournaments. If you have any questions, call the coach.

If your child did not go to school, stay home from practice that day.

If your child has a fever, do not return to school or wrestling until fever-free for at least 24 hours.

If child has vomiting or diarrhea, do not return to school or wrestling until 24 hours after the last episode.

If child has persistent cough, please stay home until it has resolved.

If child has started antibiotics for an infection, stay home until child has had been on antibiotics for 48 hours. Child must also be free of fever, vomiting, diarrhea, active coughing in order to practice.

Skin infections, fungi, and viruses are very contagious. Please stay home if your child has a questionable rash, and see your doctor. Many of these need to be treated with creams and/or oral pills. Child should not return to practice until rash is completely gone and a doctor has verified child is no longer contagious. See the coach if you have questions about any rash.

Make sure your child takes a shower after wrestling.

Remind your child to wash hands often. This is the best way to prevent illness! We typically have hand sanitizer in the wrestling room. Everyone should use before and after practice.