

Wilkes Academy Training Policy for Students with Staph or Ringworm Infections

Purpose:

This policy outlines the procedures for students diagnosed with staph or ringworm infections to ensure the safety and well-being of all members of Wilkes Academy.

1. Identification of Staph and Ringworm Infections

Both staph infections, including MRSA (Methicillin-resistant *Staphylococcus aureus*), and ringworm (*Tinea*) are contagious conditions that can spread through direct contact with infected individuals or contaminated surfaces.

Staph Infection Symptoms: Red, swollen, and painful areas of the skin, often accompanied by pus or drainage from the affected area.

Ringworm Symptoms: Circular, red, scaly patches on the skin that may be itchy and can appear on the body, scalp, or feet.

Students are encouraged to monitor their skin regularly and report any suspicious lesions or infections to a healthcare professional immediately.

2. Training Restrictions

Immediate Restriction from Training - Students diagnosed with or suspected of having staph or ringworm must refrain from all training activities until they have been cleared of the infection.

Medical advice - We strongly encourage that you seek medical advice in any instance of skin infections.

Open Wounds - Students with open wounds or lesions, whether due to staph or ringworm, should ensure that all affected areas are properly covered and treated before participating in training.

3. Hygiene and Prevention

To prevent the spread of staph and ringworm infections within the academy, all students are required to follow these hygiene guidelines:

Personal Hygiene

Showering as soon as possible after training is strongly advised.

Wash training gear (e.g., gi, rash guards, gloves) after each session. We recommend using laundry detergents with antibacterial properties and adding white vinegar to the wash cycle to help eliminate bacteria and fungi. Avoid using bleach as it can damage fabrics over time.

Ensure uniforms are dried completely before use to prevent bacterial and fungal growth.

Keep fingernails short and clean.

Training Equipment

Avoid sharing personal items like towels, water bottles, or clothing.

Disinfect personal training gear and equipment regularly with alcohol-based disinfectants or specific sports gear cleaners.

Mat Hygiene

Wilkes Academy uses F-10 disinfectant to clean and sanitise mats and shared equipment thoroughly every day. F-10 is a hospital-grade disinfectant known for its efficacy in killing bacteria, viruses, and fungi, including ringworm-causing fungi, ensuring a safe training environment.

Students should inform staff if any unsanitary conditions are observed.

4. Return to Training

Monitor Healing: Providing you are no longer infectious (ideally determined by a medical professional), any residual lesions must be securely covered with bandages to prevent contact with others during training.

5. Accountability

Responsibility of Students: Students are responsible for monitoring their own health and reporting any signs of infection. Continuing to train while infected poses a risk to all academy members and will not be tolerated.

Academy's Right to Refuse Training: Wilkes Academy reserves the right to refuse participation in training sessions for any student who is suspected of having a contagious infection, including staph or ringworm.

6. Communication with Staff

Students are encouraged to inform the coaching staff immediately if they notice any signs of infection in themselves or others. We are very proactive on this subject and early detection and action are critical in preventing the spread of any infections within the academy.

Conclusion:

At Wilkes Academy, the health and safety of our students are our top priority. By adhering to this policy, we aim to maintain a safe training environment for all members while supporting those who need time to recover.