



## **SRU Medical & Player Welfare** **Health Advisory – Skin Rashes**

Over the recent years , there have been several cases of skin rash reported amongst rugby players who were involved in matches played , where field conditions were wet and muddy.

All players are advised to take the following steps to reduce the risk of transmission of skin infections and the development of rash:

1. Maintain good personal hygiene after training and matches
2. Keep personal equipment and uniform clean
3. Avoid sharing of towels and personal equipment with team mates

SRU advises all players with a rash to seek early medical consultation with a General Practitioner or Dermatologist. As part of a contact sport, rugby players have a responsibility to prevent the transmission of potentially infectious skin rashes and therefore need to seek advice from their doctor regarding fitness to participate contact play.

Should clubs and players notice any new cases of rash that may be related to rugby training or matches, please notify SRU  
Email: [medical@sru.org.sg](mailto:medical@sru.org.sg)