

# Good Hygiene

## Prevention of Bacterial Infection

**These types of infections are usually spread by direct contact combined with poor hygiene and open skin.**

### Student Athletes

1. Wash your hands regularly with soap and water. If soap and water isn't present, we recommend the use of antibacterial (alcohol based) hand sanitizers. All athletes should keep hand sanitizers in their gym bag.
2. Practice good skin care. Most infections enter the body through broken skin. This would include shaving abrasions, pimples and turf burns. Don't shave body skin for wound care or cosmetic reasons.
3. At the conclusion of practice, wipe yourself off with a clean towel. Once you are home, shower with soap and water as soon as possible.
4. Don't share towels or other personal items with teammates (razors, clothing, uniforms, etc...).
5. Disinfect athletic equipment and lockers.
6. Wash all athletic workout clothes daily.
7. When working out or practicing, don't remove your t-shirt and be careful not to touch any open wounds. **Wounds need to be covered at all times.**
8. Report any skin changes to the certified athletic trainer and to your parents. Examples would be a rash, bite, pimple, or boil that becomes painful, red or swollen...you must keep a close eye on these types of skin problems.

### Athletic Department

1. All surfaces in weight and wrestling room are being sanitized twice a day.
2. All surfaces in the training and health room are being sanitized daily and when necessary.
3. All surfaces in the locker room will be sanitized (upon completion).
4. Several different doctors were contact and provided recommendations.

**A summary of all recommendations is listed under student athletes.**