



## How to avoid skin issues

### Skin Hygiene

- Shower after each practice as soon as you get home
- If you cannot shower within 20-30 minutes wipe exposed skin areas with disposable/baby wipes or a washcloth
  - Focus on compromised skin (acne, scratches, mat burns)

### Gear Hygiene

- Wash practice clothes and kneepads after each practice
- Spray/wipe down head gear with alcohol after each practice and air dry
- Ensure shoes are not left a bag/etc., allow them to air out each night

### Potential Skin Issue?

- If you get a cut, mat burn, or any irritated skin, use an antimicrobial medication on the affected skin 3-5 times a day until issue is resolved
- \*Note: If the condition worsens or is not resolved within 2-3 days consult your healthcare provider.
- Skin Checks are Key - check skin often for any redness, flaky, itchy, or warm patches. The goal is to catch any skin condition early and tell your parents and coach, so appropriate treatment can begin.