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## **Hygiene: Prevention is the best cure for skin infections.**

Parents and coaches can follow these guidelines to ensure there is minimal risk of skin infections having a negative impact on our season.

- Skin checks before every practice and competition.
- Wipe off after practice or competition with anti-bacterial wipes.
- Shower immediately after practice or competition. The best way to prevent wrestling skin diseases is by taking a shower immediately after wrestling practice. If a wrestler doesn't shower right after practice, they should as soon as they get home.
- Do not share soap or towels with your teammates.
- Keep finger nails trimmed. Having your fingernails untrimmed is a quick way to spread skin infections. You can pass skin infections by scratching other people with long nails. Long nails allow you to harbor skin infections under your nails and break the skin of your workout partner or an opponent. An open wound is a quick way to get MRSA, ringworm, or any skin-related infection.
- Do not wear your wrestling shoes on the street. Wearing your shoes on the dirt or the street can transmit diseases from your shoes to the mat. The best wrestling shoes can be expensive, wearing them off the mat can cause them to wear out quicker.
- Do not wear your wrestling shoes to the washroom. Wearing your shoes in the washroom can transmit bacteria from the washroom floor to the wrestling mat, increasing the risk of disease.
- Wash wrestling workout clothes after each practice and tournament.
- Disinfect wrestling equipment. Disinfect wrestling shoes, headgear, and wrestling bags frequently.
- Sick? Stay off the mat.
- Know when to see a doctor: Be extra vigilant when looking for signs of a skin infection. If a wrestler is showing any symptoms of a skin disease, have him/her go to a doctor and get cleared by the doctor before returning to the wrestling room.

### **Common infections include:**

Staph Infection

MRSA

Impetigo

Ringworm