

Wrestling Health and Hygiene Tips:

- Use a product before wrestling that provides a barrier against infection.
- 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.
- 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.
- Disinfect wrestling equipment. Disinfect wrestling shoes, headgear, and wrestling bags frequently.
- Regularly wash knee pads
- Sick? Stay off the mat.
- Know when to see a doctor: Wrestling coaches and parents should 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.
- All practice and match gear should be laundered daily.
- Shower with hot water and soap after all practices and competitions. Wear flip flops in public showers.
- Affected athletes should inform coaches and medical staff promptly of any illnesses and skin lesions. Athletes should be excluded from competition until they have met return to play guidelines for the specific condition.