

# IMPORTANT!!!

## All Wrestlers (Scholastic and Youth Programs)

**It is imperative that the following be followed to reduce and ultimately eliminate the spread of communicable skin diseases:**

- Wash hands before every practice and frequently.
- There must not be any wrestlers participating in wrestling on the mat with any type of skin lesion (cut, abrasion, burn, rash, fungus, bacterial, or viral) that has not been evaluated by a physician and/or the athletic trainer. Follow their advised treatment. (PIAA wrestlers must have the PIAA skin form completed by physician to wrestle with skin lesions)
- No wrestler should be wearing their wrestling shoes anywhere but on the mat or gym floor.
- The wrestling room, locker room, and team rooms must be kept neat and clean. Nothing should be left on the floor so custodians can disinfect the floor area. No clothing or towels should remain inside or outside of lockers (this is the most ideal place for bacteria/fungal growth). All clothing and towels must be taken home and laundered and dried in a dryer. Do not leave wet laundry in a bag. All clothing must be washed in hot water with detergent.
- All wrestlers must shower with soap after practice immediately at home or locker room. Wear shower shoes in locker room shower. Do not reuse towels or share towels and soap.
- All wrestlers should wear tight-fitted clothing that covers the full arms, legs, and body to reduce risk of cuts, scratches, burns, and open pores/pimples that can become open portals of contamination.
- All head gear must be wiped down with an antimicrobial wipe, isopropyl alcohol, or dipped in ¼ cup bleach per gallon of water, rinsed and dried weekly, if not daily.
- All wrestling shoes, knee pads, and other protective equipment must be laundered/disinfected weekly, if not daily.
- All wrestlers should be inspected visually by coaches as well as other athletes, particularly during daily weight checks.

**These guidelines must be strictly adhered to. One individual is all that is needed to start a contagious skin outbreak, which cannot be detected until after many individuals have come into contact with these pathogens.**