

Sparta Pride Wrestling Guidelines for Staying Healthy

Guidelines for Staying Healthy

Sparta Pride Wrestling Club

Guidelines for a Healthy Wrestling Season

- Have athletes shower after each practice or match as soon as possible. And Insist on them using a washcloth or shower mesh to help remove dirt by roughing up the skin. They wouldn't wash their cars with their bare hands. They shouldn't wash their bodies that way either! If showers are not available, body wipes are also helpful.
- Begin each day with freshly laundered clothing and towels. There's no better breeding ground for germs than sweaty gear kept in a gym bag and left in a dark locker or closet.
- KS Skin Crème is an essential part of any hygiene protocol. KS helps by suspending dirt, grime and other contaminants from adhering to the body allowing for them to be washed away when cleaned with soap and water.
- Educate your athlete, parents and staff regarding MRSA, a potentially life-threatening antibiotic resistant infection that is on the rise in athletic settings. Keep a close watch on any cuts or scrapes that your athletes have. Immediately see a doctor if there is any question regarding infection.
- Ban sharing of personal items that can transmit infections such as towels, razors and water bottles.
- Athletes with infected or open wounds should not wrestle nor should they use whirlpools or pools.
- Limit street shoes on your mats as well as food and drink. Use the Sole Mat to clean the soles of the athlete's shoes prior to their stepping on to the mats.
- Web site for products that can be used throughout the season can be found at www.kennedyindustries.com