

Prevention of MRSA Infections among Athletes:

General: All hard environmental used surfaces that may come in contact with body fluids are cleaned and sanitized daily with DMQ (School approved disinfectant used by custodial staff. Follow specific disinfecting directions on bottle). All floor and wall padding in athletic areas are washed daily when used. Towels and linens laundered on premises are washed at a minimum of 160 degrees F and dried in a hot dryer. Consider separate mop heads/ buckets for each activity area (locker rooms and rest rooms). Wash mop heads and buckets regularly. When caring for any athlete, wear disposable gloves. Scoops are used, not hands, to make ice packs for injuries. Athletes with open, potentially contagious wounds are kept from participating in contact sports until wounds have healed. Athletes should be prohibited from wrestling until wounds have healed-even if wounds are covered.

Wrestling Room and Mats: Wall padding, benches and door knobs are cleaned with DMQ after each practice and meet. Floors are cleaned before and after any movable mats are used. Use mat tape to repair small holes or tears. Consider replacing mats with large holes. Clean both sides of the mat after each use.

Weight Room: Inspect weight room padding regularly and replace if punctured or torn. It is recommended that grip areas on weight bars, dumbbells and machines should not be taped. Wipe down grip areas on dumbbells, weight bars, machines and weight belts daily. Consider wall dispensers of hand sanitizer at each entry/exit. Floors, benches, supports, pads, light switches, and doors knobs are cleaned daily after use.

Locker/Showers: Wall dispensers for liquid soap. No sharing of bar soap. Clean areas daily.

Sports Equipment: All shared equipments that come in direct contact with the skin of an athlete (wrestling head gear, football helmets) should be cleaned after each use. Assign sports equipment like pads and helmets, when possible.

Education of Athletes/Parents: Encourage athletes to follow good hygiene practices, including frequent handwashing, showering immediately following after practice or competition, and not sharing “drinking” water bottles. Instruct athletes to NOT share any personal items (bar soap, razors, towels, etc.) topical ointments or salves. Athletes are encouraged to promptly report abrasions, lacerations, or skin infections to the coach/trainer, or school nurse. Athletes are encouraged to refrain from cosmetic shaving, whirlpools and common tubs. Encourage use of appropriate work out clothes that minimize skin contact with benches and equipment. Remind athletes/parents to wash practice clothes/uniforms in soap and hot water and dry in a hot dryer.