



NMAA Wrestling Hygiene and Mat Disinfecting Guidelines

The need for proper personal hygiene is critical in all sports but especially so in close contact sports like wrestling which also requires the regular disinfecting of gear and wrestling mats. Proper precautions must be in place to help minimize the potential risk of communicable diseases and skin infections during competition or practice. The transmission of infectious diseases such as MRSA and Herpes Gladiatorum, blood-borne pathogens like HIV and Hepatis B, and other infectious diseases such as Influenza can be greatly reduced through proper hygiene and a thorough equipment disinfecting regimen. The following are some general guidelines to help prevent the spread of these diseases:



Personal Hygiene Protocols

- ✓ Shower immediately after each practice or competition. Be sure to use your own soap, towel and other personal hygiene products (razors) and do not share them with others. The transmission of infectious diseases can occur when these items are shared.
- ✓ Don't share water bottles. Viruses and other bacterial items can be transmitted via a shared water bottle.
- ✓ Wash all work out clothing and personal gear after each practice.
- ✓ Wipe head gear down with alcohol pads after each use.
- ✓ Refrain from full body (chest, arms, abdomen) cosmetic shaving.
- ✓ Don't let abrasions or open sores go unevaluated by a coach or athletic trainer. Wounds like these can become infected if not properly treated and covered.
- ✓ Athletes should immediately inform their parent or guardian, athletic trainer and coach about any skin lesion prior to practice or competition. Athletes should consider removal from practice or competition until they are evaluated by an appropriate health care professional.
- ✓ Athletes with a communicable skin disease should not practice or compete until released by an appropriate health care professional.
- ✓ 500mg of valacyclovir taken once a day for the duration of the wrestling season is approved and effective in greatly reducing occurrences of herpetic lesions.



Proper Wrestling Mat Disinfecting Guidelines

- ✓ Wrestling mats should be disinfected using a solution of 1:100 chlorine bleach and water or commercial disinfectants (KenClean Plus, etc.) after each use.
- ✓ During tournament competitions, mats should be cleaned upon initial set-up and throughout the event, preferably during session breaks and at the conclusion of each day of competition.
- ✓ Use pads, mops and buckets that are reserved for this purpose only. Do not use equipment that is used by the custodial staff for other purposes.
- ✓ Mop pads should be washed daily. Mop heads should be thoroughly cleaned and rinsed after each use and hung to dry with head off the floor.
- ✓ Do not allow water to seep under mats. This moisture can create a breeding ground for bacteria and fungus.
- ✓ Allow mats to fully dry to decrease the formation of mildew. Using a fan can help accelerate this process.
- ✓ Mat tape should be removed and reapplied regularly.

