

## **I. Hygiene**

- A. Shower as soon as possible after any practice or match with antibacterial soap
  - 1. Shampoo scalp and hair thoroughly
  - 2. Lather up good and cleanse entire body
- B. Moisturize skin, as needed, to keep it from being too dry
- C. Take practice clothes home everyday and have them cleaned
  - 1. Never wear the same practice clothes again without having them cleaned
  - 2. Allow wrestling shoes/sneakers to dry thoroughly
  - 3. Do not keep sweaty clothes in wrestling bag, empty it daily
- D. Clean headgear after use with ethyl alcohol or proper disinfectant
  - 1. Remove/replace doth tape from headgear periodically
  - 2. Wash cloth parts of headgear in a washing machine periodically
  - 3. Do not share headgear with another wrestler
- E. Make sure all scratches/cuts are covered as best as possible before wrestling  
(Including Acne)
  - 1. Use of long sleeve shirts and full length sweatpants can accomplish this for practice
  - 2. New Skin is available in the Med-kit to cover small scratches in places where clothing cannot cover

## **II. Skin screening**

- A. Check as often as possible with your child only in shorts
- B. Check entire body (even under arms and in scalp)
- C. Encourage child to check themselves daily
- D. If anything suspicious is found, make sure it is brought to the attention of the coach, Athletic Trainer, or nurse