

Section XI Wrestling

Encouraging Good Hygienic Practices

- Hand Hygiene – According to the CDC, hands play the single greatest role in the transfer of bacteria viruses that can lead to disease. Hand hygiene should be encouraged before and after wrestling.
- Showering after practice or competition.
- No sharing of wrestling gear, towels, razors, and/or water bottles.
- Wash wrestling gear daily. May spray head-gear and/or wrestling shoes with disinfectant spray before use.
- Seek out medical attention for rashes or other potentially infectious skin lesions. **DO NOT** attempt self treatment. The wrong treatment may exacerbate or prolong infections.
- **DO NOT** pick, squeeze, or scratch skin lesions.
- **DO NOT** wrestle with skin infections.
- Never allow chemicals used for cleaning and disinfection to be used on the skin. Chemical germicides may cause skin irritation, providing a port-of-entry for skin infections.

Proper Cleaning and Disinfection of Athletic Equipment

- Clean and disinfect wrestling mats before use. Use a low-level disinfectant (Bactericidal, Virucidal, Fungicidal), following manufacturer's directions for use. Follow a written procedure. Educate all individuals who clean/disinfect. Mop by dragging the mop along the mat, rather than pushing the mop. Street shoes may contaminate freshly disinfected mats when the mop is pushed.
- Change disinfectant solutions when dirty. Disinfectants may become inactivated by soil.
- Launder all mop heads daily. Mops should be laundered in hot water (71°C/160°F for 25 minutes), and dried. Mops that are not laundered remain contaminated. When a contaminated mop is dipped into the chemical germicide, it may inactivate the chemical. Studies have shown that mops and cloths rinsed in chemical germicides and hung to dry are not disinfected. The chemicals may kill some of the organisms, but while the mop is left to dry, the organisms begin to multiply. Additionally, some studies are indicating surfaces can actually be “seeded” with organisms by contaminated mops or cloths.
- Use additional measures to prevent mat contamination i.e., limit street shoes on mats, limit food/drink in wrestling room, disinfection of wrestling shoes prior to walking on mats.

Cleaning and Disinfection of Surfaces Contaminated with Blood and/or Other Body Fluids

- Observe Standard Precautions – Wear personal protective equipment in accordance with OSHA's standards, and facility recommendations. Gloves are a minimum when handling blood or other potentially infectious body fluids.
- Latex-free gloves may be used to avoid latex allergy.
- **NEVER** spray athletes with chemical germicides – Wipe blood off intact skin with antimicrobial wipes during competition. Encourage athletes to wash with soap and water after competition.
- Fact – You must clean before you can disinfect.
- Use either an intermediate-level disinfectant (Tuberculocidal) or 1:10 bleach solution following manufacturer's direction for use for disinfection. Note: Bleach solutions must be mixed fresh daily.
- Infectious waste should be handled according to state and local regulations. See also OSHA's Blood borne Pathogens Standard #29CFR1910.1030.