

Good Hygiene On and Off the Mat

Skin infections such as MRSA, impetigo, ringworm, and herpes are serious. Staph infections are serious. Never hide the fact you have a skin infection/disease.

Athletes role

- Conduct daily skin checks before practice. Check for open wounds, sores, scrapes, and athlete's foot. Do not come onto the mat with known skin infections.
- Do not come onto the mat if you have covid symptoms, a cold or flu.
- Make sure that your finger and toenails are kept short.
- Make sure your hands and feet are clean.
- Bring clean clothes to practice every day.
- Do not put shoes on the mat, benches, or tables.
- Do not put your gear bag on top of the mat, benches, or tables.
- Do not wear dirty, sweaty or soaked clothes/equipment that have been left in a gear bag or locker.
- Do not wear heavy hair creams/gels, perfume, or makeup.
- Try to avoid products or food that projects strong odors on the mat.
- Never walk on the mat with slippers, shoes, or wrestling shoes on. And conversely, never walk barefoot when you are off the mat. Check that your feet are clean and dry. Do not share slippers.
- Do not share water bottles or drinks with other athletes.
- It is never a good idea to eat snacks or any food or drink on the mat.
- After leaving the mat, do put your sweaty clothes back into your gear bag
- Do not put wet clothes, shoes, or gear bag on top of chairs or tables.
- Wash and clean all Gi and workout clothes after each practice and only wear clean clothes at the next practice.
- Air dry your gear bag every day.

Parental role

- Encourage communications and encourage children for coming forward about any skin infections.
- Encourage your child to wipe down before, during, and after practices and matches.
- Emphasize the importance of bathing/showering regularly.
- Emphasize the importance of NOT sharing their personal drinks or water bottles with friends.
- Make sure that workout clothes are washed daily.
- Ensure gear bags and equipment are dry as well as get occasionally cleaned.
- Emphasize making hygiene a part of the daily routine.
- Encourage your child to stay at home if he or she is sick.

Equipment check

- Do not leave clothes or equipment in a bag, room, or locker.
- Clean/air out your bag every day.
- Wipe down any gear & slippers every day.
- Keep your water bottle clean.
- Report any sign of unusual stains found on the mat, in the bathrooms, or on your equipment immediately.
- Report any sign of a skin infection to the coach/parent immediately.
- No kettlebells, jump ropes, or any other workout equipment should be brought onto the mats.
- Please refrain from using any equipment, tapes (black), etc that may mark or stain the mat.

Tournament tips

- During a competition be sure to wipe down before and after each match.
- Also wipe down before sitting in the crowd, eating food, or when traveling to and from the competition venue.
- If there are shower facilities at the tournament site, please do make use of the showers wearing shower slippers.
- Athletes should immediately shower when they get to the hotel or returning home.