

## **Preventing Skin Infections**

At The Arkansas Wrestling Academy and Mighty Bluebirds wrestling we want to take every precaution to insure that no kid gets skin infections such as staph or ringworm. Listed below are some key things to make sure this doesn't happen:

1. Always wear new, clean clothes that have been washed to wrestling practice or for that matter football, basketball practice or any other practice your kid goes to. Never let them leave gear in the lockers for them to re-wear.
2. As soon as practice is over when you get home take a shower. You've picked up a lot of bacteria from football fields, basketball courts, wrestling mats and from direct contact with other athletes. Actually AstroTurf football fields can be just as dangerous as well as basketball courts or any sports facility.
3. When coming to wrestling practice it's better to wear long sweats and long sleeve shirts then coming in exposing your skin. This will add an extra layer of protection.
4. Never ever wear a knee pad without it being washed. If you wear a new pad it should be worn over sweat pants and should be washed everyday just like your workout clothes. We have seen over time volleyball players who wear knee pads or wrestlers or basketball players who wear knee pads over and over on their skin and get an ingrown hair and an infection in the knee.

Some things you should know about Arkansas Wrestling Academy and Bluebird Wrestling:

1. We do not let kids leave sweaty clothes in the locker room. They are to be taken home every day.
2. We mop and disinfect our mats before and after every single practice.
3. We encourage all our kids to take showers immediately after practice.

We just wanted to take a preventive measure to make sure this doesn't happen. We have not had issues and we do not want there to be any.

Thanks so much.

Coach Hatcher

Coach Smith