

### Personal Hygiene

- Insist on frequent showering and hand washing with liquid soap and water for **all** sports participants.

### Skin Care

- Assess athletes for boils, wounds and sores and use appropriate dressings and bandages to cover them
- Encourage athletes to report **all** boils, wounds or sores to their doctor for assessment.

### Environmental Cleaning

- Establish routine cleaning schedules for **all** equipment and facilities
- Make sure athletes follow all cleaning schedules.



### Health Protection Unit

[www.hpa.org.uk](http://www.hpa.org.uk)

### English Institute for Sport

[www.eis2win.co.uk](http://www.eis2win.co.uk)

### British Wrestling Association

[www.britishwrestling.org](http://www.britishwrestling.org)



**“Hand washing is the single most important means of preventing the spread of infection”**  
*Centre for Disease Control and Prevention*

Infection Control Team

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Copies of this information are available in other languages and formats upon request

# Keep Your Tackle Clean



**Reducing the risk of skin infections in athletes**

There has been a rise in skin infections reported in people taking part in contact sports (eg wrestling, rugby and hockey). In some cases these have led to exclusion from the sport or serious illness.

Infections can spread from the infected skin of one person to another and via commonly shared items such as razors, towels, benches and other sporting equipment.

The risk of skin infections can be greatly reduced by:

- carrying out good personal hygiene and
- ensuring the environment in which you train is clean and well maintained.

By doing the following you will reduce the spread of infection and protect yourself and others.

### Personal Hygiene

- **Do** shower with soap and water **before** and **after** training/ tournaments and before using the sauna
- **Do** sit on a clean towel in the sauna
- **Do** wash hands with soap and water after using the toilet
- **Do** wash hands with soap and water before and after using any sports equipment
- **Do** wash all towels and clothing after each training session/ tournament
- **Do not** share towels or personal items (sports kit, mouth guards, jock-straps etc)
- **Do not** share razors

### Skin Care

- **Do** check your skin for boils, wounds or sores and report these to your coach who will cover them with appropriate dressings
- **Do** see your doctor for advice
- If you are taking antibiotics for a skin infection, it is important that you take all of the tablets as advised by your doctor

*Skin infections affect everyone; male and female, young and old.*



Example of a typical boil

### Cleaning sports equipment

- Your coach will have information on cleaning sports equipment properly. It is important that you follow these instructions after every training session and/or tournament.