

# Wrestler's Hygiene

- ALWAYS report any skin infections or rashes to the head coach for examination. Don't infect your entire team because these problems can be cleared up in a few days.
- Keep your hair short.
- Shower with antibacterial soaps and cleansers after each practice, match or tournament. There are several agents on the market for pre-wrestle protection as well as post-wrestle cleansing.
- Keep fingernails short and trimmed back to skin to avoid scratching and open wounds.
- Keep wrestling clothes cleaned, hit the mat with only clean practice clothing and wrestling gear. Even shoes, kneepads and headgear should be washed at least weekly.
- Wrestling shoes should only be worn in the gym; stones and debris can rip mats and injure wrestlers. There are disinfectant sprays for shoes, gear and gym bags. Keep your gym bag aired out.
- Do not share wrestling gear, hygiene products, clothing, food or drink containers with others; this can contribute to massive illness and outbreaks within a team.
- Problems are compounded when wrestlers ignore cleaning routines - be part of a clean team.
- Be aware of symptoms

**Gladiatorum:** Lesions on the face, neck or head that are often accompanied by a headache or fever.

**Chicken pox (varicella):** A viral disease accompanied by a low-grade fever, and is followed by a rash that quickly develops into small blisters.

**Ringworm:** A fungal infection of the scalp or the skin, which includes an itchy or flaky rash.

**Impetigo:** A streptococcal- or staphylococcal-based bacterial infection that occurs on the surface of the skin.

**Folliculitis:** A staph-based bacterial infection of hair follicles.