

## **MRSA Procedures**

### **Defense against MRSA for Athletes**

Athletes:

- Must wash their hands prior to and after any athletic participation. Hands should also be cleaned when using shared weight-training equipment, caring for wounds, and after using the toilet.
- Should have all cuts and scrapes covered prior to participation.
- Clean the wound and re-cover it after participation.
- Must not share water bottles, towels, razors, or athletic equipment. (use disposable drink cups, disposable drinks, individual towels or disposable towels).
- Must use alcohol based hand sanitizer during practice and games.
- Must take showers after practice and games.
- Wash your uniform and clothing after each use. Follow the clothing label's instructions for washing and drying. Drying clothes completely in a dryer is preferred.

Coaches or designee must:

- Disinfect ALL balls used in practice or games by spraying them with Lysol.
- Clean locker rooms, meeting areas, in-door workout facilities, courts, and cheerleading mats weekly with an FDA approved solution that targets MRSA (wrestling mats should be cleaned daily).
- Wash all soft good items daily (towels, practice gear, etc.).
- Ensure athletes clean specific equipment for each sport (volleyball knee pads, football equipment, catcher's gear, etc.) on a weekly basis.
- Ensure that weight rooms are equipped with disinfecting wipes and hand sanitizer.
- Wipe down weights after each use, encourage athletes to clean hands.
- Cover tears on weight benches.
- Ensure athletes wear shirts while working out and are wearing the equipment that was specifically issued to them.

Any athlete with signs and symptoms of an infection should be isolated from the rest of the team immediately and referred to a licensed health care professional, such as a school nurse, certified athletic trainer, or physician

\*\*Refer to page NFHS Sports Medicine Handbook for more information regarding skin conditions and infections.