

THINGS YOU CAN DO TO PROTECT YOUR ATHLETES FROM MRSA
AND OTHER GYM INFECTIONS

1. Have a hand sanitizer dispenser at the entrance to each locker room and encourage use prior to entering the gym. If you cannot install a hand sanitizer dispenser, follow proper hand washing technique.

Proper technique for washing includes manual rubbing or scrubbing hands for about 15 seconds, drying with a clean, disposable towel, and using a towel to turn off the water faucet. Hand sanitizer solution can be used in place of soap and water, but the cleanser must contain minimum of 62% alcohol or equivalent strength disinfectant.

2. Wash mats with bleach and water (one part bleach to four parts water) twice daily. Allow to dry. Rinse with clean water. Clean all communal equipment in the same manner (bags, kicking shields, speed bags etc.). RINSE MOP AND BUCKET THOROUGHLY WITH SOAP AND WATER AFTER EACH CLEANING.
3. Avoid sharing towels, water bottles, Vaseline, and personal items such as razors, nail clippers and hand wraps.
4. Encourage athletes to keep nails clipped short and filed.
5. Do not allow athletes with any open skin wounds, rashes or boils to roll and /or spar or take class. Have the competitor get medical clearance prior to return to active training. Emphasize that the athlete is not the only one at risk; their family members will also be exposed. Young children, diabetics, the elderly and people with heart or other chronic health conditions are particularly

susceptible to infections, and may have worse outcomes than otherwise healthy young athletes.

6. Encourage athletes to wipe down exercise equipment with a clean towel after use. Personal equipment (gloves, thai pads, punch mitts) should be cleaned after each use first with a Clorox wipe and then with a handwipe. Place cleaned equipment directly into your equipment bag; do not put your clean equipment down on the floor of the cage or ring, or on the mats.
7. Clean handrail/handles/seats of exercise equipment daily with a product that contains a minimum of 10% bleach or an equivalent cleaning solution that can kill staph bacteria. Disposable wipes are acceptable .

8. In the event an athlete gets cut during sparring, or in the event of vomiting after a difficult workout, the following precautions should be taken.:

Step 1: WEAR GLOVES

Step 2: Spray the spill with an appropriate germicidal solution, for example, bleach and water (one part water to four parts water).

Step 3: Spray the mat surface with germicidal solution and let the solution sit for a few minutes.

Step 4: Wipe the germicidal solution off the affected surface with disposable towels.

Step 5: Dispose all used towels, THEN your Protective Gloves, into properly labeled red biohazard bags.

8. If you haven't been vaccinated against hepatitis A and hepatitis B, do so.