

Wrestling Hygiene

Significant attention has been focused on skin diseases and prevention especially in the sport of wrestling. The National Wrestling Coaches Association has established a website that outlines some simple but important guidelines that wrestlers and their parents can follow in helping to prevent any type of skin outbreak. A surgical wash, HIBICLENS, can also be purchased over the counter at any CVS, Walgreens, etc and has been proven to prevent MRSA, staph, etc. and can be quite effective if used immediately after wrestling. Best wrestling hygiene practices would include the following:

Never wear your shoes or practice gear outside the wrestling room

Have shoes, clothes and practice gear sanitized and washed after EVERY PRACTICE

Any other clothing that may come in contact with mat, such as coat, sweats, etc. should be washed immediately after contact.

Wrestler should remove all practice clothing/gear immediately upon returning home and place in a separate area so as not to contaminate other clothing, etc.

Wrestler should shower with anti-bacterial cleanser, soap, etc. such as HIBICLENS or some other anti-bacterial formula.

Parents & wrestlers need to be cognizant of any open wounds, sore or skin blemishes that may be suspect. Always consult a medical professional if in doubt.

More information on hygiene is available at <http://www.nwcaskinprevention.com/>