



**ATTACK GERMS BEFORE THEY ATTACK YOU!**

## **Guidelines to Minimize the Spread of Infectious Diseases in Sports**

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Dangerous infectious diseases can be spread during athletic training and competition. Methicillian-Resistant Staphylococcus Aureus (MRSA), H1N1 influenza, Herpes, Impetigo, ringworm are some examples. Proper hygiene is critical to keeping athletes healthy. The Germ Blitz family of products are designed to clean and disinfect athletic equipment, a key component in helping keep athletes safe and healthy. The following recommendations can help prevent the spread of communicable diseases in sports.

### **Athletic Equipment**

- Use Germ Blitz daily and between each use to clean and disinfect weight room and exercise equipment, including benches, seats, bars and handles.
- Use Germ Blitz daily and between each use to disinfect non-porous hard surfaces and equipment that come in contact with bare skin such as training tables and benches.
- Use Germ Blitz after each practice or competition to clean and disinfect protective equipment that comes in direct contact with player's skin such as: football helmets, shoulder pads and other protective padding; wrestling/boxing/MMA head gear, gloves and other protective equipment; baseball/softball helmets/masks and other protective equipment; hockey helmets/masks, shoulder pads and other protective equipment; lacrosse helmets, shoulder pads and other protective equipment; and soccer shin guards and other protective padding.
- Use Germ Blitz regularly to clean and disinfect gym bags, equipment bags and/or travel bags.
- Use Germ Blitz regularly to clean and disinfect shoes, skates and cleats.
- Use Germ Blitz frequently to clean and disinfect athletic lockers and storage areas.
- Use Germ Blitz after each practice or competition to clean and disinfect non-washable personal equipment such as protective sleeves, weight belts, braces, gloves and padding.
- Avoid using tape to wrap gripping areas of rackets, bar bells, dumbbells or to repair rips and tears in other sports equipment. This may provide an environment for germs to thrive and may interfere with the disinfecting process.

- After each use, properly wash and thoroughly dry all washable personal items such as towels, clothing and personal athletic gear.

### **Personal Hygiene**

- Use a barrier such as a towel or clothing between skin and shared equipment such as weight training benches and exercise equipment.
- Athletes must report all abrasions, cuts and skin lesions to doctors, athletic trainers, or coaches for proper evaluation, cleaning, treatment and dressing.
- After an athlete has been properly cleared to participate by a physician, all skin lesions should be covered before practice or competition to prevent risk of infection and transmission of illness to other participants. Only skin infections that have been properly diagnosed and treated may be covered to allow participation of any kind.
- If a wound cannot be covered adequately, the program director, trainer or coach should consider excluding the player with potentially infectious skin lesions from practice or competition until the lesions are healed or can be covered adequately.
- Athletes with open wounds, scrapes or scratches must avoid whirlpools and common tubs.
- Athletes who are sick (fever, sinus draining, vomiting etc) should be cleared by a physician before participating in any practice or competition.
- Cover your cough or sneeze. Put your used tissue in the waste basket. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands. Wash hands with soap and warm water for 20 seconds or use an antibacterial gel or lotion.
- Encourage frequent hand washing using soap and warm water for 20 seconds or antibacterial gel or lotion.
- Do not share personal items such as towels, soap, clothing, razors, mouth guards, head gear, gloves, pads, or water bottle products with others.
- Shower immediately after each practice or competition.

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### **Acknowledgments**

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