



Coppell Wrestling Booster Club

WRESTLER HYGIENE

Wrestling is a contact sport and sometimes that closeness can cause problems. Occasionally, wrestlers become ill and end up missing practices, tournaments, and spreading the sickness to other athletes. In an effort to be pro-active, here are some basic information towards prevention and overall wrestler hygiene.

To keep your wrestler healthy, follow these simple tips:

- Have your wrestler take appropriate actions to limit the spread of infectious diseases such as the flu. These include; washing hands thoroughly, getting a flu shot, using alcohol-based hand sanitizer, using elbow to cover cough or sneeze and throwing away used tissues.
- Let the coaching staff know if your wrestler is experiencing any type of illness, especially flu like symptoms.
- Always report any rashes or skin infections to the coaching staff. Wrestlers with Ring Worm, Staff Infections, or other skin conditions will need to be evaluated before being allowed to participate.
- Cover any sore (regardless of size) with a bandage. The High School Trainers can assist with bandaging as needed.
- Shower daily and after each practice or competition. Liquid antibacterial soaps work best when used with a sponge, wash cloth, or loofa.
- Keep hair short and free of greasy products during wrestling season.
- Keep fingernails short and trimmed.
- Keep wrestling clothes clean – only wear clean clothing. Shoes, kneepads, headgear, and bags should be cleaned and disinfected often.
- Remind wrestlers to not wear their wrestling shoes off the mat. Shoes commonly transmit infectious diseases from the outside.
- Don't share wrestling gear, clothing, food, and drinks with others.
- These are just a few basic guidelines. Let us know if you have any questions or concerns and we'll be happy to provide more information.