



CHSAA SMAC Alert



ATHLETE HYGIENE/SKIN INFECTIONS

Universal Hygiene Protocol for All Sports

- Shower immediately after every competition and practice, using liquid soap and not a shared bar of soap
- Wash all workout clothing after each practice, washing in hot water and drying on a high heat setting
- Clean and/or wash all personal gear (knee pads, head gear, braces, etc.) and gym bags at least weekly
- Do not share towels or personal hygiene products (razors) with others
- Refrain from full body and/or cosmetic shaving of head, chest, arms, legs, abdomen and groin

Strategies for Reducing the Potential Exposure to These Infectious Agents Include

Infectious Skin Diseases

- Athletes must notify a parent/guardian and coach of any skin lesion (red bumps or sores) prior to any competition or practice. An appropriate health-care professional shall evaluate all skin lesions before returning to practices or competition.
- If an outbreak occurs on a team, especially in a contact sport, all team members should be evaluated to help prevent the potential spread of the infection. All shared equipment shall be properly cleaned/disinfected prior to use.
- Coaches, officials, and appropriate health-care professionals must follow NFHS or state/local guidelines on “time until return to competition.” Participation with a covered lesion may be considered if in accordance with NFHS, state or local guidelines and the lesion is no longer contagious.

Blood-Borne Infectious Diseases

- Always use gloves when caring for bleeding or open wounds, or when exposed to any body fluids.
- An athlete who is bleeding, has an open wound, has any amount of blood on his/her uniform, or has blood on his/her person, shall be directed to leave the activity (game or practice) until the bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed before returning to activity.
- In the event of a blood or body fluid-splash, immediately wash contaminated skin with soap and water and mucous membranes with water.
- Clean all contaminated surfaces and equipment with disinfectant before returning to competition. Be sure to use gloves when cleaning.
- Any blood exposure or bites to the skin that break the surface must be reported and immediately evaluated by an appropriate health-care professional.

CHSAA Recommended Actions

- **Prevention** – Remind athletes to shower immediately after practice/meets, change workout clothes/socks daily and do not share equipment or towels
- **Be Vigilant** – Look at athletes’ skin daily for wounds or lesions, clean and cover open wounds or scrapes so they don’t get infected and let athletes know they should report skin lesions to the coaches or athletic trainer immediately
- **Seek Treatment** – Get athletes to a health care provider immediately for diagnosis and treat skin lesions. Many of these skin infections require minimum treatment times in order for the athletes to be eligible

For complete CHSAA athlete hygiene and skin infection information, go to <http://www2.chsaa.org/sports/medicine/SportsMedicineHandbook.pdf>

