



# CHSAA SMAC Alert



## Athlete Hygiene and Equipment/Facility Cleaning Recommendations

### 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.

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### INFECTIOUS SKIN DISEASES

#### Strategies for reducing the potential exposure to these infectious agents include:

- 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 lesion 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.

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### BLOOD-BORNE INFECTIOUS DISEASES

#### Strategies for reducing the potential exposure to these agents include:

- 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.

**For complete CHSAA Athlete Hygiene and Equipment/Facility Cleaning Recommendations information, go to**