



Wrestler's Hygiene

- ALWAYS report any skin infections or rashes to the head coach for examination. Don't infect your entire team, these problems usually can be cleared up in a few days
- Keep your hair short
- Always shower with antibacterial soaps and cleansers after each practice, match or tournament. There are several agents on the market for pre-wrestling protection as well as post-wrestling cleansers
- Keep fingernails short and trimmed back to avoid scratching and open wounds
- Keep wrestling clothes cleaned, hit the mat with only clean practice clothing and wrestling gear. Even shoes, knee pads and headgear should be washed at least weekly
- Wrestling shoes should only be worn in the gym, stones and debris can rip mats and injure wrestlers. There are disinfectant sprays for shoes, gear and gym bags. Keep your gym bag aired out. Never wear your wrestling shoes outside!
- Do not share wrestling gear, hygiene products, clothing, food or drink containers with others, this can contribute to massive illness and outbreaks within a team
- Problems are often compounded when wrestlers ignore cleaning routines.
- Be aware of symptoms

Gladiatorum: Lesions on the face, neck or head that are often accompanied by a headache or fever.

Chicken pox (varicella): A viral disease accompanied by a low-grade fever, and is followed by a rash that quickly develops into small blisters.

Ringworm: A fungal infection of the scalp or the skin which includes an itchy or flaky rash.

Impetigo: A streptococcal- or staphylococcal-based bacterial infection that occurs on the surface of the skin.

Folliculitis: A staph-based bacterial infection of hair follicles.