

PREVENTING SKIN INFECTIONS:

It used to be that if a person wrestled long enough, he would eventually contract a skin infection, but it does not have to be that way. While there is a risk in catching a skin infection, you can follow some simple steps to reduce that risk. Simply remember the **Three E's** of the wash cycle.

The first E is for **Epidermis**. After practice or competition, take the time to completely wash your body with plenty of soap and water.

The second E is for **Equipment**. Here are some examples:

1. Always use a clean towel and NEVER share it with anyone else.
2. Forget about SHARING a razor with anyone.
3. Wash your clothes. Don't just throw it on your shelf for the next day. Damp towels and dirty laundry are breeding grounds for these microbes.
4. Get in the practice of cleaning your gear, particularly headgear kneepads, and elbow braces- anything that rubs against your skin.
5. Clean the bag you carry your gear in also. It doesn't do any good to put your clean gear in a contaminated bag.

The third E is for **Environment**. The wrestling mats are mopped EVERYDAY for practice. You can help maintain a clean wrestling mat by only wearing wrestling shoes while on the mat. Do not put your shoes on until you enter the wrestling room. Be sure to use clean the soles of your shoes BEFORE walking out on the mats. It defeats the effectiveness of cleaning the mats if everyone is tracking fungus spores and bacteria onto the wrestling mats.