

CEDARBURG MATDOGS WRESTLING



Health & Hygiene Tips for Wrestling

Since wrestling involves a lot of skin-on-skin and skin-on-mat contact, hygiene is of great importance to the health of all wrestlers. Below are guidelines that every wrestling family should follow to minimize the risk to themselves and the entire club.

Take a shower after wrestling practice or competition

One of the best ways to prevent wrestling skin diseases is by taking a shower immediately after wrestling practice. If not, right after practice, then a wrestler needs to take a shower as soon as he gets home. For wrestlers, liquid soap is better than bar soap since many types of skin infections can live on a wet bar of soap. This can cause recurrences of the skin infection and possibly spread it to other family members.

Do not wear wrestling shoes on the street

Wrestling shoes should only be worn on wrestling mats. They should never be worn at home or outside. Wrestlers should carry their shoes and put them on in the wrestling room. Also, wipe your shoes on a wet towel with disinfectant before practice. ****Street shoes should never be worn on the practice mats. Spectators at practice must remove their shoes when entering the practice room.***

Wash Wrestling Workout Clothes Frequently

Practice clothes should be washed after every practice. Other wrestling equipment (shoes, headgear, kneepads, duffel bags, etc.) should be cleaned and disinfected periodically, especially after tournaments. All new equipment (especially shoes) should be cleaned and disinfected before the first practice.

Illness

Wrestlers with a fever or any potentially contagious illness should not participate in practice or competition to prevent the spread to the other participants.

Fingernails

Wrestlers should keep their fingernails trimmed short to prevent scratching themselves or their opponents. Any rough edges should be filed or trimmed. Fingernails will be checked during weigh-ins at each tournament.

Skin Infections

Do not allow a wrestler to practice if he shows signs of a skin infection. Wrestling coaches and parents should be vigilant and be looking for signs of a skin infection. If a wrestler is showing any symptoms of a skin disease, have him/her go to a doctor and get cleared by the doctor before returning to the wrestling room. Covering the affected area with a shirt or bandage is not an acceptable remedy. A note from a doctor stating that the skin problem is not contagious may be taken into consideration.

Wrestling Mats

The mats are sanitized before and after every use. No streets shoes are allowed on the mats.