

WRESTLING HYGIENE GUIDELINES

1. Always notify your coach if you are sick.
2. Immediately notify your parent, coach, or athletic trainer of any skin rash, infection or problem.
3. Open cuts and scrapes must be bandaged and covered.
4. Wrestlers should always wash their hands before and after practice and after leaving the restroom or locker room.
5. Wrestling shoes must never be worn outside of the wrestling room. No outside shoes are allowed on the wrestling mat.
6. Always shower after every practice and competition.
7. Wash all wrestling clothing after each use. Only wear clean clothes to practice.
8. Wash or disinfect headgear, shoes, knee pads, and similar items frequently.
9. Do not share equipment or water bottles with others.
10. Wrestlers must keep fingernails closely trimmed.
11. Jewelry is not permitted during practice or competition.
12. Mouth guards are recommend for all wrestlers. Wrestlers with braces must wear mouth guards.