

Wrestling Hygiene



Health & Hygiene: Wrestling Skin Infections

Wrestling is a contact sport and health and hygiene should be a priority. Wrestlers are in constant contact with each other and can pass skin infections such as ringworms, impetigo, and staph infection. All of these skin infections are extremely contagious and you could infect an entire wrestling room full of wrestlers. The big question is How to Prevent Skin Infections?

Health & Hygiene Tips for Wrestling

- Use a product before wrestling that provides a barrier against infection. Some products include:



Battle Skin



Defense Barrier
Foam



Kennedy Skin
Creme

- **Change Shirts Frequently During Practice.**
- **Wipe off After Practice or Competition with Defense Wipes.**



- **Immediately Shower After Wrestling Practice or Competition.** The best way to prevent wrestling skin diseases is by taking a shower immediately after wrestling practice. If a wrestler doesn't shower right after practice, then as soon as you get home. Some good products to use are Defense Soap or an antibacterial soap.

Do not share soap or towels with others.



- **Do not Wear Your Wrestling Shoes on the Street.** Wearing your shoes on the dirt or the street can transmit diseases from your shoes to the mat. The best wrestling shoes can be expensive, wearing them off the mat can cause them to wear out quicker.
- **Wash Wrestling Workout Clothes Frequently.** Do not leave workout clothes in lockers. Take them home and wash them. As a preventive measure, use products like Lysol Laundry Sanitizer or Defense Super Shield Laundry Additive when washing clothes.
- **Disinfect Wrestling Equipment.** Disinfect wrestling shoes, headgear and wrestling bags frequently. Lysol is good product to use to disinfect your wrestling gear.
- **Keep Finger Nails Trimmed.** Having your fingernails untrimmed is a quick way to spread skin infections. You can pass skin infections by scratching other people with long nails. Long nails allow you to harbor skin infections under your nails and break the skin of your workout partner or an opponent. An open wound is a quick way to get MRSA, ringworm, etc...
- **Sick? Stay off the Mat**
- **Know When to See a Doctor:** Wrestling coaches and parents should be extra vigilant when 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.
- **Prevention is Key for Healthy Wrestlers**
While we should all be concerned about good hygiene in wrestling, you should know that prevent is the key to keeping wrestlers disease free. A little bit of common sense and prevention goes a long way.