

## Guidelines for Hygiene and Infection Prevention in Wrestling:

The transmission of communicable skin conditions is a major concern in the sport of wrestling. Proper precautions are needed to minimize the potential risk of the spread of communicable disease and skin infections during athletic competition. The best way to treat contagious skin infections is prevention. The following guidelines are based on recommendations from the Centre for Disease Control ([www.cdc.gov](http://www.cdc.gov)) and numerous NCAA Athletic Departments to help reduce the incidence of communicable skin conditions amongst wrestlers.

### Equipment Sanitation Requirements:

- Wrestling mats shall be cleaned within 60 minutes prior to practice and immediately after practice and allowed to air dry with each use.
  - 10% bleach solution or equivalent
  - Solution should remain wet on mat for 4-10 minutes depending on the product being used.
- Clean and disinfect the undersurface of large floor mats that are not permanently fixed to the floor at least weekly as well as the floor beneath the mats.
- During tournaments, mats shall be cleaned and disinfected within 60 minutes of all competitions, between tournament rounds and multiple dual meet events.
- Use disposable or disinfected single use towels on the mat during practice and tournament.
- Wash wall mats with disinfectant cleaner 1-2 times per week.
  - 10% bleach solution or equivalent.
  - Solution should remain wet on mat for 4-10 minutes depending on the product being used.
- Exercise equipment shall be cleaned after each practice.

*Recommended by the Sports Medicine Advisory Committee and approved by the Executive Board on April 18, 2016.*