

Ewing Wrestling Guide on Hygiene and Safety



Tips from Coach Mo

There are some things to remember to always stay safe and healthy.

- 1) Never come to practice sick. Please stay home and notify your coach.
- 2) Immediately show your coach any skin rash, infection, or problem.
- 3) Open cuts and scrapes must be bandaged and covered.
- 4) Wrestlers should **ALWAYS** wear their headgear in practice; and it is required in every match.
- 5) Wrestlers should always wash their hands before and after practice and after leaving any locker rooms.
- 6) Wrestling shoes must **NEVER** be worn outside of the wrestling gym. No outside shoes are allowed on the mats.

7) Wrestlers **MUST** shower after every practice, match or tournament.

8) Wash all wrestling clothing (shirts, shorts, singlets) after every practice, match or tournament. **ONLY** wear clean clothes

to practice. Long sleeve Under Armor is a good option for practice.

9) Wash or disinfect headgear, shoes, knee pads, etc. frequently and don't share equipment or water bottles with other wrestlers. Headgear and shoes can be washed in a washing machine on gentle cycle.

10) Wrestlers must trim their fingernails, and wear no jewelry. Wrestlers with braces must wear mouth guards (or will be penalized and/or disqualified in matches).

11) Coaches will mop and clean the mats before every practice, match and tournament using antibacterial cleaner.

