



# D-Up Against M.R.S.A



Every coach needs a great defense to be successful. This is a defense that you can run to help beat M.R.S.A. staph-infections before they hit your team.

- Athletes **MUST** wash their hands prior to any athletic participation.
- Athletes should have all cuts & scrapes covered prior to participation. After participation clean the wound and recover.
- **DO NOT** allow athletes to share water bottles, towels, razors, or athletic equipment. (Use cups, disposable drinks, individual towels or disposable towels, and make sure athletes are wearing the equipment that was issued to them.)
- Make alcohol based hand sanitizer available during practice and games.
- Athletes **MUST** take showers after practice and games .
- Disinfect **ALL** balls used in practice or games by spraying them with Lysol.
- Clean locker rooms, meeting areas, in-door workout facilities, courts, and cheerleading mats weekly with an FDA approved solution that targets M.R.S.A. (Wrestling mats should be cleaned daily.)
- If you have Turf in your indoor facility check with the manufacturer to see which disinfectants are recommended.
- Wash **ALL** soft good items **daily**. (towels, practice gear, etc.)
- Specific equipment for each sport should be cleaned weekly (volleyball knee pads, football equipment, catcher's gear, etc.).
- Weight Rooms should be equipped with disinfecting wipes & hand sanitizer. (Wipe down weights after each use, encourage athletes to clean hands, cover any tears on weight benches, athletes should wear shirts while working out.)
- Any athlete with signs & symptoms of an infection should be isolated from the rest of the team immediately and referred to a licensed health care professional, such as a school nurse, certified athletic trainer, or physician.