

## **Disinfecting Wrestling Mats**

The regular cleaning and disinfecting of the wrestling mats is a critical deterrent to the spread of infections. Our staff and coaches take this matter very seriously! We will designate a coach to disinfect the mats prior to each use or event. We have purchased special cleaner/disinfectant to help reduce and eliminate the potential of infection. If for any reason blood is on the mat during an event or practice, it will be spot cleaned with a disinfectant. If your child appears to be sick or has any type of skin disease we ask that you do not send them to an event or practice and consult with a physician immediately. There are topical solutions also available that can be purchased to help protect your child from the risk of infection. We have a link on our site on where these products can be purchased. One bottle can last an entire season. Wrestlers must have good hygiene and their own equipment should be cleaned prior to any event or practice. Uniforms should be washed frequently. Please have your child use the bathrooms at home prior to an event or practice. If bathroom use is necessary, we may have the wrestlers remove their shoes or wear surgical booties when using the restroom to help avoid any harmful bacteria on our mats. Your child's health and safety is our number one concern!