



KEEPING OUR WRESTLERS SAFE AND HEALTHY!

I would like to go over some guidelines to help keep our wrestlers on the mat and not home sick or with a skin disease. These are simple instructions that everyone should follow. – Thanks, Coach Ed

- NEVER have your child put on his/her wrestling shoes at home or in the car. We see this trend time and time again. DO NOT DO THIS. Arrive at practice with enough time for your child to put their wrestling shoes on in the wrestling room. We will also have a rag or mop soaked in disinfectant for the children to step on prior to getting on the mat.
- Make sure your child showers or baths when they get home. Wrestlers work up quite a sweat. Please practice good hygiene and make sure they don't hang out in sweaty clothes for hours after practice or a match.
- Do not keep sweaty clothes in a gym bag. Make sure your child's practice clothes are washed prior to being worn again. Using the same clothes day after day without washing will only increase the risk of spreading a disease or fungus.
- Good Hygiene in general. Make sure you encourage your kids to wash their hands or use hand sanitizer frequently, and especially after they use the bathroom. Pay special attention to any scrapes or cuts and make sure they get cleaned frequently. As a precaution I recommend buying Hibiclens so you can use it to clean any open wound your child might have when they get home from practice. One bottle should last you the entire season and probably longer.
- Tell your children to wear their headgear. Cauliflower ear can result from wrestling without headgear. As long as headgear is worn your child will be protected. I wrestled my whole life (and currently still) and the one time I got cauliflower was from wrestling at home with my brother on the living room floor in my junior year of high school. I obviously was not wearing headgear. Cauliflower ear will require medical attention and as long as it is dealt with in a timely fashion will not result in scar tissue or deformity