



Recommendations to Prevent Methicillin-Resistant *Staphylococcus Aureus* (MRSA) Skin Infection among Wrestlers

- Exclude individuals with an infection involving drainage (e.g. pus drainage) from participation until no drainage is present and the wound can be adequately covered with a bandage and clothing. If a wound cannot be covered adequately, players with potentially infectious skin lesions (as determined by a physician) should continue to be excluded from practice, competition, lifting weights, or sharing facilities with others. Their return to practice or other activities should only be allowed when the lesions are healed and drainage or other signs of MRSA infection have resolved as documented by a licensed physician.
- Encourage all athletes to seek professional medical care for wounds that appear infected and to comply fully with their doctor's recommendations.
- Require good hygiene at all times, including frequent hand-washing with soap or alcohol-based hand sanitizers.
- Require mandatory showering and thorough washing by all participants with an antibacterial soap such as Hibiclens[®] or an equivalent **before** and **after** practice or competition for a minimum of one month.
- Do not allow players to share towels or other personal items (e.g. clothing, equipment, balms or lubricants).
- Require that participants have clean clothing and equipment prior to all practices or competitions. Launder clothing and equipment using a weak bleach solution.
- Wipe down non-washable gear (e.g. head protectors) with alcohol after each use.
- Disinfect wrestling mats at least twice daily with an antibacterial solution with demonstrated activity against *Staphylococcus aureus*.
 1. Immediately following practice or competition.
 2. During a halfway practice break (if possible) or prior to the start of competitions.
- Ensure that disinfectant is prepared to the proper use concentration and that this working solution remains on surfaces for the recommended contact time.
- Clean and disinfect other shared equipment and surfaces daily (e.g. weights, locker room surfaces, training equipment, etc.).
- Encourage athletes to use a towel or clothing to act as a barrier between shared equipment and bare skin (e.g. weight and locker room benches, training tables, etc.).
- Provide personal skin protection with pads or bandaging to prevent superficial skin trauma.
- Assess all participants for active skin lesions prior to all practices or competitions. Pre-participation inspection should only be performed by knowledgeable and qualified individuals who can readily recognize potentially infectious lesions.
- Encourage athletes to report skin lesions to coaches, trainers, the school nurse or their healthcare provider immediately.
- Any cut or break in the skin (e.g. mat burns, skin trauma, shaving injury) should be washed immediately with soap and water and then covered with a clean, dry dressing. Wounds should then be washed and covered on a daily basis, **before** and **after** participation in practice, games, or any other use of sports facilities.