

# DISINFECT & DEODORIZE

## Wrestling



### Disinfecting Tips

To keep your wrestlers safe after each practice and match, make sure you have established disinfecting protocols for your team's wrestling gear and facilities. Cleaning a wrestling mat with Clear Gear after each use extends life of your equipment and prevents wrestlers from developing communicable skin infections.

#### Step 1

Remove any dirt or debris from equipment. Take apart equipment, pads and undo straps, etc. Inspect equipment to ensure in good working order with no damage.

#### Step 2

Thoroughly spray Clear Gear on all parts of the equipment (inside and out) ensuring that all surfaces touched or shared are sprayed.

- **Headgear:** Spray liberally inside the headgear including forehead area, ear guard and chin straps. Spray on the crown of the headgear and in the crevices to prohibit mold, mildew, & odors.
- **Footwear:** Apply 3-4 sprays inside shoes, making sure to spray the tongue and walls of the boot.
- **Protective pads:** Spray the inside of the pads that come in contact with skin.
- **Equipment bags:** periodically empty the bag of all equipment and contents, and spray liberally inside the bag.

#### Step 3

Be sure to keep all cuts, lesions or abrasions adequately clean and covered. Report any infection to parents, coach, athletic trainer.

### Wrestling Mat Disinfecting Protocol

- Disinfect mats and other equipment after each practice and match.
- Spray mats, and other equipment, with the easy to use one-gallon pump sprayer and let dry, no need to mop or wipe down.
- Remove and clean wrestling mat tape every thirty days or less. Under the tape is a perfect place for bacteria and mold to hide and grow.
- Resurface or replace mats with rips or tears immediately, once foam is exposed it is pervious to germs and bacteria.



CLEAR GEAR kills 99.9% of germs such as:

- Staph/MRSA
- Strep
- Hepatitis B
- Hepatitis C
- Norovirus
- Athletes Foot
- Influenza A/H1N1
- Ringworm
- Herpes
- Impetigo
- Coronavirus/ COVID-19\*

#### AND MORE\*\*!

\*Clear Gear has demonstrated effectiveness against viruses similar to 2019 Novel Coronavirus (COVID-19 virus) on hard, non-porous surfaces. Therefore, Clear Gear can be used against 2019 Novel Coronavirus (COVID-19 virus) when used in accordance with the directions for use against norovirus on hard, non-porous surfaces.

\*\*Visit [cleargear.com/product/](http://cleargear.com/product/) for a complete list of pathogens that Clear Gear kills

[CLEARGEAR.COM](http://CLEARGEAR.COM)

### Use Clear Gear On

- Wrestling mats
- Headgear, protective pads and equipment bags
- Athletic shoes
- Uniforms, practice and workout clothes
- Lockers, benches, bathrooms, high contact areas

