

# DISINFECT & DEODORIZE Gear, Equipment & Facilities

**DISINFECTANT CLEANER DEODORIZER VIRUCIDAL FUNGICIDAL**

## Sports Hygiene Routine

Athletes should follow a hygiene routine before, during and after each practice or game to keep infection free, and help with odors.

## Sports Hygiene Tips

➤ **SHOWER** - With soap and water immediately after each practice or game.

➤ **WEAR SHOWER SHOES** - Wear shoes in the locker room & shower.

➤ **NO SHARING** - personal items such as clothing, water bottles, razor blades, soap, towels, mouth guards, etc.

➤ **COVER WOUNDS** - Ensure any skin cuts/scraps are cleaned and dressed properly before and after practice/game.

➤ **SWEATY GEAR** - Do not store sweaty or wet gear/clothing in lockers, gym bag or closets.

➤ **DISINFECT** - Use Clear Gear on equipment, footwear and equipment bag after each practice or game.

## Skin Infection Detection

### Common Symptoms:

- Bumps or areas of irritation that may be red, painful, warm to the touch, or full of pus. swelling and fever.

### What to Do?

- Cover the area with a bandage
- Wash your hands
- Notify your parent(s) or guardian, doctor or school nurse, and coach of your symptoms right away.

Infections can knock you out of play for week/months, and in some cases can be life threatening, so be aware of the signs.

**If you see something, say something.**

## Don't Forget To Disinfect

- Helmets, gloves, pads, braces, athletic shoes, workout gear and bags
- Weights, mats, cardio machines, and other workout equipment
- Lockers, benches, floors, bathrooms, high contact areas

