

Proper Sports Hygiene

Talking with Teens about Proper Sports Hygiene

Talking with teenagers is not an easy task, no matter what the topic. As parents and coaches, we have a long list of topics we want to make sure they learn. At Clear Gear, we not only want to help with odors and infection protection, we also want to be a resource to help parents and coaches talk with athletes about the importance of proper sports hygiene.

Before your athletes next practice or game, remind them of the following steps to keep infection free, and help with those pesky odors.

Sports Hygiene Tips

- Shower with soap and water immediately after practice/games/matches
- Do not share personal hygiene items (bar soap, towels, razors), clothing or water bottles
- Ensure any cuts/scraps are cleaned and dressed properly before and after practice/games
- Do not store sweaty or wet gear/clothing in lockers, gym bag or closets
- Use Clear Gear on sports equipment and shoes after each practice or game; spray down that equipment bag too.
- Always spray Clear Gear after playing a game against an opposing team. That's when cross-contamination of germs can lead to infection.

Recommended Clear Gear Spray Product:



24 oz Spray Bottle

Stores easily in gear bag, home storage and lockers.