

September 1, 2009

Dear Parent/Coaches:

In order to be proactive and to keep our athletes healthy and safe, the following health guidelines were discussed with student athletes:

MEASURES FOR PREVENTING SKIN INFECTIONS AMONG ATHLETES

- Keep your hands clean by washing thoroughly with soap and water.
- Use an alcohol hand gel when soap and water are not available.
- Keep finger nails clean and trim.
- Encourage good hygiene, including showering and washing with soap, after all practices and competitions.
- Avoid sharing personal items (e.g., deodorant, razors).
- Discourage sharing water bottles.
- Thoroughly wash items used in sporting and/or athletic-related activities after each use with an all-purpose cleaner. Make sure to use the product in accordance with the manufacturer's instructions.
- Avoid contact with other people's wounds or material contaminated by wounds.
- Encourage athletes to report wounds and skin lesions to coaches and trainers. To ensure the safety of all WWSHS students, faculty and staff, your student may be required to be cleared by a physician prior to resuming sports.
- Ensure that physical education uniforms are laundered on a weekly basis, and practice uniforms more frequently. Encourage athletes who have non-healing, draining skin lesions and wounds that persist to seek medical attention.

In addition to the above recommendations, sports participants have been informed of the following hygiene recommendations:

HYGIENE FOR SPORTS PARTICIPANTS

- Do not share towels
- Do not store wet, dirty clothing in lockers or other enclosed spaces.
- Avoid sharing athletic equipment.
- Keep equipment clean. Follow coach's directions about cleaning the equipment.
- Keep cuts, abrasions and wounds covered with clean, dry bandages. Persons with draining wounds or infections are not allowed to participate in practices or games until the wound has stopped draining.
- Promptly clean and decontaminate items that have visible soiling with blood or other body fluids.