

# What to do about MRSA in School Athletic Programs



<b>Infection Control Policies and Procedures Checklist</b>			
Please review the policies and procedures below. Use this tool to determine which policies/procedures you already have, if they are being followed, and which policies and procedures you need to put in place.	Policy/Procedures		
	<u>Exist</u> (x)	<u>Followed</u> (x)	<u>Needed</u> (x)
<b>General</b>			
All hard environmental surfaces that may come in contact with body fluids are cleaned and sanitized daily with EPA-approved disinfectant (if area in use).			
All floor and wall padding in athletic area(s) are washed daily, if athletic area is used.			
Separate mop heads/ buckets are used for each activity area, locker rooms and rest rooms. Mop heads and buckets are cleaned regularly. (Washable micro-fiber heads or disposable mop cloths are preferred.)			
Towels/ linens laundered on premises are washed at a minimum of 160°F and dried in a hot dryer.			
<i>Notes:</i>			
<b>Wrestling Room and Mats</b>			
Wall padding, benches and door knobs are wiped-down with quaternary ammonium (quat) or 1:100 bleach solution after each practice and meet.			
Floors are cleaned before and after any moveable mats are used.			
Mat surfaces with <i>small</i> holes or tears are repaired with mat tape. When mat sides are in poor condition, mats are taped together for meets <i>and</i> for practice.			
Mat surfaces are replaced promptly when there are <i>large</i> holes or surfaces are excessively worn.			
Both sides of mats are thoroughly cleaned before and after each use for practices and meets.			
A separate mop head/ bucket is used specifically for cleaning mats; mop heads and buckets are washed regularly.			
<i>Notes:</i>			
<b>Weight Room</b>			
Weight machine padding is inspected regularly, and promptly replaced if punctured or torn.			
Grip areas on weight bars, dumbbells and machines are not taped.			
Grip areas on weight bars, dumbbells, and machines, and lift belts are wiped down daily.			
Wall dispensers of hand gel ( $\geq 60\%$ alcohol) are placed at each entry/exit. Athletes and coaches are instructed to use when entering/leaving room-minimum use, may use more often.			
Floors, benches, supports, pads, light switches and door knobs are cleaned daily (when room in use).			
<i>Notes:</i>			
<b>Locker Rooms/Shower Rooms</b>			
Wall dispensers for liquid soap are located next to showers.			
Soap dispensers should have "unit" refills.			
All shower and locker room areas are cleaned daily (if used).			
<i>Notes:</i>			

Infection Control Policies and Procedures Checklist (continued)	Policy/Procedures		
	<u>Exist</u> (x)	<u>Followed</u> (x)	<u>Needed</u> (x)
<b>Sports Equipment</b>			
Sports equipment (balls, racket grips, bats, gloves) is cleaned regularly.			
All shared equipment that comes in direct contact with the skin of an athlete (wrestling head gear, football helmets, and fencing wires) should be cleaned and sanitized after each use.			
<i>Notes:</i>			
<b>First Aid</b>			
Hand sanitizer (60% alcohol or greater) is in first aid kit –to be used when soap & water is not available.			
When caring for any athlete injury, disposable gloves are used and hands are sanitized, both before and after providing first-aid.			
Scoops are used (not hands) to take ice out of cooler to make ice packs for injuries. Scoop is cleaned daily when in use and NOT stored in ice container.			
Single-use portions of antibiotics, salves and other ointments are removed from any larger dispensing unit prior to application. Any un-used product is NOT returned to the original dispenser, but discarded.			
Athletes with open, potentially contagious wounds are kept from participating in contact sports until wounds have healed. Athletes are prohibited from wrestling until wounds have healed—even if wounds are covered.			
Athletes with potential skin infections are referred to the team physician or their own medical provider.			
<i>Notes:</i>			
<b>Education of Athletes/Parents</b>			
Athletes are encouraged to follow good hygiene practices, including frequent hand washing, showering immediately following each practice or competition, and NOT sharing “drinking” water bottles.			
Athletes are instructed to NOT share personal hygiene items (bar soap, razors etc.), or topical ointments, antibiotics and salves.			
Athletes are encouraged to promptly report abrasions, lacerations or skin infections to a coach/team trainer, or school nurse.			
Athletes are encouraged to refrain from cosmetic shaving and from using whirlpools or common tubs.			
Athletes who use weight room are encouraged to wear workout clothes that minimize skin contact with benches and equipment.			
Athletes are reminded to wash practice clothes/uniforms with soap and warm water and dry in a hot dryer.			
Patients are informed of infection control precautionary measures, such as the importance of hand washing, showering immediate after sports activities, and washing practice clothes/uniforms after they are worn once.			
<i>Notes:</i>			
Signature: _____		Date: _____	
  <p>Tacoma   Pierce County Health Department Healthier. Safer. Smarter. tpchd.org</p>			
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