



# Warminster Spartans Youth Wrestling Club

[SpartansWrestling.teamsnap.site](http://SpartansWrestling.teamsnap.site)

## Mat Hygiene & Infection Prevention Policy

The Warminster Spartans Youth Wrestling Club is committed to maintaining a clean, safe, and healthy environment for all athletes, coaches, and families. Because wrestling is a close-contact sport, proper hygiene and infection prevention practices are essential. All athletes, coaches, and families are expected to follow the guidelines below:

### Athlete Hygiene Expectations

1. Athletes should shower as soon as possible after practices and competitions.
2. Clean practice clothes, headgear, shoes, and personal equipment should be used daily.
3. Fingernails must be kept short and clean.
4. Athletes should not share towels, water bottles, headgear, or personal hygiene items.
5. Any cuts, scrapes, or open wounds must be properly cleaned and covered before participation.

### Illness & Skin Infection Prevention

1. Athletes with suspected contagious illnesses or skin infections may not participate until cleared by a healthcare provider, the provider should complete a PIAA skin form, found on the website
2. Parents are expected to notify coaches of any diagnosed contagious condition, including but not limited to:
  - Ringworm
  - Impetigo
  - Staph/MRSA infections
  - Herpes Gladiatorum
  - Conjunctivitis (pink eye)
3. Coaches reserve the right to remove an athlete from participation if a visible skin condition or illness raises health and safety concerns.

### General Safety

1. Athletes should report any skin concerns, illness symptoms, or injuries immediately to a coach or parent.
2. Families are encouraged to keep athletes home when sick to help protect teammates and staff.

The health and safety of all participants is a shared responsibility. By participating in the Warminster Spartans Youth Wrestling Club, families agree to support and follow this policy.