

# Wrestling Hygiene

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Wrestling is a contact sport and sometimes that closeness can cause problems. To stay healthy, follow these tips:

- Always report any rashes or skin infections to the head coach.
- Shower with an antibacterial soap after each practice or competition.
- Keep your hair short and free of greasy products during wrestling season.
- Keep fingernails short and trimmed.
- Keep wrestling clothes clean - only wear clean clothing and gear to practice and competition. Shoes, kneepads and headgear should be washed weekly.
- Only wear wrestling shoes in the gym. Stones and other dirt can rip the mats and injure wrestlers.
- Air out your gym bag daily.
- Don't share wrestling gear, clothing, food and drinks with others.

We won't have access to showers, so show up to practice and tournaments clean and dressed to wrestle.

Not sure about how to wash your gear or where to get wrestling shoes? Email Angela at "MatMomma @ bellsouth.net" (remove the spaces) and she'll find out for you!