

SKIN PROTECTION AND SKIN CONDITIONS

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Skin Protection

Many wrestling programs incorporate a skin protectant as part of their day-to-day routine. If your team uses or is thinking of using a skin protectant or barrier product, it should only be a product that complies with the requirements of the Food & Drug Administration (FDA). The FDA considers skin protectants to be drugs, and it is our opinion that only these products be used. However, there are products being offered in the market place that do not comply with the FDA guidelines. To see if the product you are using or thinking of using complies; look first at the product's label. FDA labeling requirements are very strict and must include the following:

- **"Indications"** which explains what a product does. Such as "Helps prevent and temporarily protects chafed, chapped, cracked, or wind burned skin." A product that claims it is a barrier is a drug and its label must state clearly what it is a barrier against.
- **"Directions"** which must clearly state how the product should be properly applied.
- **"Caution"** which must clearly state what the user should not do with the product.
- **"Active Ingredients"** which must list what ingredient(s) make the product do what it states it does. In addition, it must list all other ingredients found in the product, not just the top three or four.
- **"Cautions"** which contain additional statements if the product's packaging requires certain conditions for safekeeping or disposal.

Any product whose label does not read this way may be mislabeled and misrepresented for use as a skin protectant or barrier product. We recommend that you contact the manufacturer and ask if the product is compliant with the FDA'S requirements. If the answer is yes, ask for it in writing so you can keep the verification with your files. If the product does not comply, we recommend that you not use it. After all it's your skin and the skin of your wrestlers!

Your team must follow the directions on how the skin protectant should be applied. Our product, KS, needs to be applied before every practice and every match to all external skin surfaces from the waist up and the singlets down, including the stomach and back areas covered by clothing. It is essential that the product be applied as carefully as you would a suntan lotion. We recommend that the athlete get help from another wrestler or from an athletic trainer to better ensure that the hard-to-reach areas get covered properly. Remember that KS may not adhere properly if the athlete is wet or perspiring. And, at a tournament where the wrestler is wrestling in multiple matches, KS needs to be re-applied before every match.

Showers should be taken at the school where the athlete wrestled. The quicker the wrestler gets to the shower, the better. A great number of today's athletes prefer to shower at home. If this is the case, the shower must be the first thing the athlete does when he/she gets home. We recommend the use of a synthetic, antibacterial cleanser that can be used over the whole body, including the hair, like Sport Hair and Body Antibacterial Cleanser for Athletes. The use of a shower mesh or washcloth in conjunction with the cleanser is strongly recommended. This helps the cleanser remove dirt and grime from the body better than just using the hands. Think about it! If you want to clean your car, you use a rag and soap. Why? Because it cleans better! The same goes for the body! We recommend a synthetic cleanser because synthetic cleansers are usually less drying to the skin. With the number of showers a wrestler takes during the season, a less drying cleanser is

beneficial.

One last item: DO NOT RE-USE UNWASHED TOWELS. DO NOT SHARE TOWELS. Many skin infections are contagious. Re-using towels or the sharing of towels with others may lead to greater opportunity for contamination.

Recommended Skin Protectant:

KS Skin Protection (formerly named Kenshield)

Recommended Antibacterial Hair & Body Cleanser:

SPORT Hair & Body Cleanser

Clothing, Shoes and Other Gear

All wrestlers must practice in freshly washed and properly dried clothing. This includes pads and sleeves. This is vital! If an athlete re-uses clothing or towels from a previous practice, that clothing could be contaminated with harmful bacteria and fungi that could have multiplied, especially if they've been left in a dark, damp locker or gym bag. The use of these clothes could put the wearer and his teammates at undue risk of skin problems. Clothes and towels taken home for laundering should be placed in disposable, plastic bags, never directly into a gym bag. This helps prevent germs from being transferred to the inside of the gym bag.

Many coaches and athletes view wrestling shoes and gear as equipment that doesn't need to be cleaned daily. But think about it. When was the last time the athlete cleaned the soles of his wrestling shoes? Now think about all the places those shoes have been: locker rooms, bathrooms, school corridors, etc. Then think about them walking onto your disinfected mats. We feel that prior to the wrestlers entering the wrestling room for practice or on to the mat for a match, their shoe soles need to be cleaned. The easiest way to accomplish this is by using a device like our Sole Mat that uses a soap and friction method to clean. Wrestlers wipe their shoes on the Sole Mat just like they would a doormat at home. The Sole Mat contains a liquid cleaner and rubber scrapers that remove the unwanted dirt and grime from the shoe soles. The wrestlers then step onto a drying mat to remove any excess water, and they're done! This will not only clean the soles of the shoes, but it will improve the wrestlers' traction as well as extend the life of your wrestling mats by reducing the amount of dirt and grime on them which can lead to scratches which in turn can lead to rips and tears.

How about headgear and knee sleeves or pads? Are they just being thrown in a locker or gym bag to be used again the next day? We recommend that this equipment be cleaned/laundered daily.

Recommended Disinfectant Cleaner:

KENCLEAN PLUS Athletic Mat Disinfectant

Cleaner Virucide & Germicide

Recommended Shoe Sole Cleaner:

The Sole Mat

Disinfectant/Cleaners

We recommend you use an all-in-one liquid concentrate disinfectant/cleaner that has been approved by your wrestling mat manufacturer so that you know it will not harm your mat's surface. Athletic mats are an important investment for any wrestling team. Maintaining their life for as long as possible must be a priority. Also, we feel a liquid concentrate is easier to use than powders or powder packets. Liquid concentrates require less time to go into solution than powders which need time to dissolve properly. In addition there may be confusing label instructions with some products such as ... "use one packet per pail of water." How much water is in a pail? One, two.. five gallons? If the proper ratio of water to disinfectant is not used, again the disinfecting properties of the solution are compromised.

A critical step in choosing a disinfectant/cleaner is to READ

THE LABEL! Just because a disinfectant cleaner says it's for wrestling mats does not mean it kills all the organisms that plague the sport. This is a crucial step in any hygiene protocol. If the label does not list the germs you want killed, then it may not kill them. So, why use it? It's our opinion that at the very minimum, your label should list the following kill claims: HIV- 1 (AIDS) virus, Herpes Simplex type 1, Streptococcus Faecalis and Streptococcus Salivarius, Staphylococcus Aureus (Staph) and Trichophyton Mentagrophytes (a causative agent responsible for ringworm).

Another vital step in correctly using your disinfectant/cleaner is to know the proper ratio of disinfectant/cleaner to water. This information also appears on the product label. Using too little cleaner may affect the disinfecting properties; using too much wastes your money. The solution is easy. Using a gallon jug, fill the mop bucket with water and count how many gallons it takes to fill the bucket to the level you need to clean your mats. Mark the bucket with a permanent marker. Now using either a measuring cup or the measuring aid that comes with your disinfectant/cleaner, add the correct number of ounces of cleaner for the number of gallons of water used. It's that easy!

The final important aspect of a disinfectant is called dwell or contact time. The EPA (Environmental Protection Agency) requires manufacturers to list the amount of time the mat surface must remain damp with the proper ratio of disinfectant to water in order for the disinfecting properties of the cleaner to have time to work. It is usually ten minutes. You should not mop the surface of your mats and then quickly wipe them dry with towels or mops prior to the dwell time listed on the label of your disinfectant. If this is done, your mats may not be properly disinfected.

Recommended Disinfectant Cleaner:
KENCLEAN PLUS Athletic Mat Disinfectant
Cleaner Virucide & Germicide

Athletic Mats

Wrestling mats should be in a state of good repair. Rips/tears must be repaired according to the manufacturer's guidelines. (If a mat is not in good repair, germs have the opportunity to migrate through the rips to the foam padding beneath, potentially perpetuating problems for your team.)

4 Wrestling mats should be cleaned & disinfected one hour prior to your team's use and left to air-dry. Many programs share their mats with other sports or school programs. Disinfecting/cleaning the mats prior to your using them ensures that they are germ free for your team. If scheduling does not allow for one hour to pass prior to the mats' use, then make sure the dwell time as described in the disinfectant cleaner section is adhered to before drying your mats with clean towels.

If you must roll and store your mats, we recommend you sweep and disinfect/clean the floor you will be using prior to putting your mats down each day. (This can only be done on a floor that will not be harmed by soap and water such as a cafeteria or tiled floor. If you practice on a wood floor such as a basketball court, disinfecting may not be an option (call the floor manufacturer for their advice), but sweep the floor in any case.) Why? When the mats are placed on the floor their undersides are now in contact with the floor and the potential contaminants found on the floor. Once the mats are on the floor, clean and disinfect the top surface of the mats as recommended above. When wrestling is complete for the day, disinfect the mat's surface, and flip the mat prior to rolling. This will help ensure that each surface of the mat gets cleaned and disinfected in a regular fashion. If this can't be done, be aware that each time you roll the mat, the

underside (which has been in contact with the floor) is now coming in contact with the top (wrestling) surface of the mat which may allow for transfer of contaminants. Even though you might have disinfected the floor prior to putting the mat down, you did not disinfect the bottom surface of the mat. Now that surface is coming in contact with the top surface when it's rolled, making it vital that you disinfect/clean the top surface prior to using it again. This is why flipping the mats is desirable. Ripping the mats also helps them lay flat next time they are used.

If your mats are visibly dirty, we recommend that you sweep or dry mop them before using the cleaner/disinfectant. Why? If your mats are really dirty, the cleaning solution will have to be changed often. If the solution is allowed to become too dirty, it will not be able to clean and disinfect properly.

Use an applicator (mop, sponge, etc.) and buckets that are only used on your mats and that are cleaned often.

Recommended Disinfectant Cleaner:
KENCLEAN PLUS Athletic Mat Disinfectant
Cleaner Virucide & Germicide

Wall Mats and Locker and Weight Rooms

Wall mats should also be in a state of good repair and should be cleaned as often as you clean your floor mats. One of the quickest ways to accomplish this is to use a disinfectant/cleaner that can be applied with a mechanical sprayer, like a sprayer used in the garden. Note that a disinfectant/cleaner can only be dispensed in a mechanical sprayer if it is stated on the product's label.

Locker rooms and weight rooms are often over-looked. These rooms are likely shared by a variety of sports programs. This fact demands that good hygiene practices that reduce the risk of "germ transmittal" be established. Schools often associate wrestling with skin infections, but in reality skin infections are common in other sports as well, such as football and hockey. Athletes involved in wrestling however are more likely to be sidelined because of skin problems whereas in other sports skin infections may go undetected. Locker room floors, showers and benches should also be cleaned, disinfected daily as should weight room floors. Weight room equipment should be cleaned and disinfected after each use. This can be accomplished with a spray bottle containing a disinfectant/cleaner, which the athlete uses to wipe down the piece of equipment immediately after using it. Refer to the disinfectant/cleaner label for proper instructions.

A device like the Sole Mat can be used outside of locker and weight rooms. This would quickly and efficiently enable anyone using these rooms to clean the bottoms of their shoes prior to entering, thus improving the entire room's hygiene.

Recommended Disinfectant Cleaner:
KENCLEAN PLUS Athletic Mat Disinfectant
Cleaner Virucide & Germicide
Recommended Shoe Sole Cleaner:
THE SOLE MAT

Spend Budgeted Dollars Wisely

When comparing prices of different products look at the whole picture. Check to see how many ounces of product you're getting, what the shipping and handling costs are and, in the case of disinfectants, just what the ratio of product to water is. You might be surprised to find that sometimes the products that seem to be the least expensive really aren't!

Any questions or Comments, Please call Kennedy Industries at (215) 443-3313 or email info@kennedyindustries.com