Coastal Carolina University
Athletic Training Department
Policy and Procedure Manual
Locker Room Hygiene
Revised/Reviewed 7/2011

INTRODUCTION:

Proper locker room hygiene is vital to prevent the spread of various diseases, most notably; MRSA (methicillin-resistant staphylococcus aureus). Coastal Carolina University Athletic Training recommends the following steps to minimize the risk of transmission of skin disease among the Coastal Carolina University student-athlete population:

- Coastal Carolina University will provide facilities and equipment necessary to promote good hygiene, such as clean facilities and adequate supplies of soap and towels.
- Athletic Training personnel will:
    - Encourage good player hygiene (e.g. keeping hands clean by washing with soap and water or using an antibacterial hand sanitizer)
    - Teach players to avoid sharing towels, razors or other personal items that come into contact with bare skin, use a barrier (e.g. clothing or towel) between their skin and shared equipment such as weight-training benches, and inform Athletic Training staff about active skin infections;
    - Treat those with active infection with appropriate first aid techniques;
    - Follow MRSA infection guidelines for active MRSA infections;
    - Practice appropriate hand hygiene themselves, and
    - Implement a system to ensure adequate wound care and to cover skin lesions appropriately before play.
    - Use a disinfectant in the locker room area to help the spread of bacteria. This can be done in the form of a spray, liquid solution or fogger into the locker rooms.

MRSA prevention tips:

The CDC also recommends the following specific steps to prevent the spread of skin infections among student-athletes:

- **Launder personal items such as towels and supporters after each use.** The water should be at least 160 degrees; washing time should be 25 minutes or more.
- **Clean and cover all wounds.** If a student-athlete's skin is injured, it should be washed immediately with soap and warm water, dried and covered with a clean bandage. If a wound cannot be covered adequately, the student-athlete may be excluded from practice or competition until the lesions are healed or can be covered adequately;
- **Encourage good hygiene,** including washing hands often, using soap or a antibacterial gel or lotion, showering and washing with soap after every practice and game, wearing shower sandals while in locker room;
- **Ensure availability of adequate soap and hot water;**
- **Discourage sharing** of towels and personal items;
- **Establish routine cleaning schedules for shared equipment.** Shared athletic equipment, such as pads or helmets, should be cleaned or laundered at least once a week, but ideally after each use;

- **Train student-athletes and coaches** in first aid for wounds and recognition of wounds that are potentially infected (remember that the MRSA risk is increased by playing on artificial turf);
- Encourage athletes to **report skin lesions** to the Athletic Training Staff; and encourage student-athletes to **assess themselves regularly** for skin lesions.
- Any suspicious looking skin rashes, lesions, or other skin abnormality should be seen by an ATC and/or Team Physician.

Source: Center for Disease Control