

# Hygiene Measures

- Shower after practice or competition
- Refrain from sharing equipment, towels, razors, water bottles
- Wash practice gear daily
- Athletes with rashes or other potentially infectious skin infections seek medical attention
- Do not pick, squeeze, scratch abrasions, rashes, etc.
- No practicing or competing with skin infections
- Hepatitis B Vaccination
- NEVER allow chemicals for cleaning or disinfection to be used on the skin