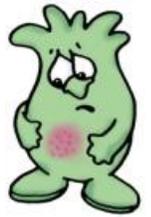


What to do about MRSA and *C. difficile* in School Athletic Programs

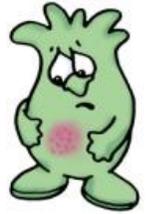


Infection Control Policies and Procedures Checklist

Please review the policies and procedures below. Use this tool to determine which policies/procedures you already have, if they are being followed, and which policies and procedures you need to put in place.

General	Exist	Followed	Needed
All hard environmental surfaces that may come in contact with body fluids are cleaned and sanitized daily with EPA-approved disinfectant (if area in use).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
All environmental surfaces/objects that come in contact with stool are cleaned with a detergent, rinsed, and disinfected with a 1:10 bleach solution or a 1:10 bleach product containing a detergent is used to clean, then disinfect the surface	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
All floor and wall padding in athletic area(s) are washed daily, if athletic area is used.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Separate mop heads/buckets are used for each activity area, locker rooms and rest rooms. Mop heads and buckets are cleaned regularly. (Washable micro-fiber heads or disposable mop cloths are preferred.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Towels/linens laundered on premises are washed at a minimum of 160°F (or bleach is used), and dried thoroughly in a hot dryer.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wrestling Room and Mats	Exist	Followed	Needed
Wall padding, benches and door knobs are wiped-down with quaternary ammonium (quat) or 1:100 bleach solution after each practice and meet.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Floors are cleaned before and after any moveable mats are used.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mat surfaces with <i>small</i> holes or tears are repaired with mat tape. When mat sides are in poor condition, mats are taped together for meets <i>and</i> for practice.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mat surfaces are replaced promptly when there are <i>large</i> holes or surfaces are excessively worn.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Both sides of mats are thoroughly cleaned before and after each use for practices and meets.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A separate mop head/bucket is used specifically for cleaning mats; mop heads and buckets are washed regularly.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Weight Room	Exist	Followed	Needed
Weight machine padding is inspected regularly, and promptly replaced if punctured or torn.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Grip areas on weight bars, dumbbells and machines are not taped.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Grip areas on weight bars, dumbbells, and machines, and lift belts are wiped down daily.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wall dispensers of hand gel (\geq 60% alcohol) are placed at each entry/exit. Athletes and coaches are instructed to use when entering/leaving room-minimum use, may use more often.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Floors, benches, supports, pads, light switches and door knobs are cleaned daily (when room in use).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Locker Rooms/Shower Rooms	Exist	Followed	Needed
Wall dispensers for liquid soap are located next to showers.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Soap dispensers should have "unit" refills.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
All shower and locker room areas are cleaned daily (if used).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sports Equipment	Exist	Followed	Needed
Sports equipment (balls, racket grips, bats, gloves) is cleaned regularly.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
All shared equipment that comes in direct contact with the skin of an athlete (wrestling head gear, football helmets, and fencing wires) are cleaned and disinfected after each use.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Please review the policies and procedures below. Use this tool to determine which policies/procedures you already have, if they are being followed, and which policies and procedures you need to put in place.

First Aid	Exist	Followed	Needed
Hand sanitizer (60% alcohol or greater) is in first aid kit –to be used when soap and water is not available.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When caring for any athlete injury, disposable gloves are used and hands are sanitized, both before and after providing first aid.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Scoops are used (not hands) to take ice out of cooler to make ice packs for injuries. Scoop is cleaned daily when in use and NOT stored in ice container.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Single-use portions of antibiotics, salves and other ointments are removed from any larger dispensing unit prior to application. Any unused product is NOT returned to the original dispenser, but discarded.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Athletes with open, potentially contagious wounds are kept from participating in contact sports until wounds have healed. Athletes are prohibited from wrestling until wounds have healed—even if wounds are covered.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Athletes with potential skin infections are referred to the team physician or their own medical provider.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Education of Athletes/Parents	Exist	Followed	Needed
Athletes are encouraged to follow good hygiene practices, including frequent hand washing, showering immediately following each practice or competition, and NOT sharing “drinking” water bottles.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Athletes are instructed to NOT share personal hygiene items (bar soap, razors etc.), or topical ointments, antibiotics and salves.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Athletes are encouraged to promptly report abrasions, lacerations or skin infections to a coach/team trainer, or school nurse.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Athletes are encouraged to refrain from cosmetic shaving and from using whirlpools or common tubs.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Athletes who use weight room are encouraged to wear workout clothes that minimize skin contact with benches and equipment.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Athletes are reminded to wash practice clothes/uniforms with soap and warm water and dry bleach or dry thoroughly in a <u>hot</u> dryer.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Athletes are informed of infection control precautionary measures, such as the importance of hand washing, showering immediate after sports activities, and washing practice clothes/uniforms after they are worn once.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Signature _____

Date _____