Wrestling Hygiene

Facts

Showering between matches at wrestling tournaments isn’t always feasible. This lack of cleansing for as long as 10 to 12 hours leaves the skin significantly more susceptible to dangerous infections such as staph (including MRSA), herpes simplex and ringworm.

But there are preventive steps you can take. The athletic training staff at North Idaho College, led by Randy Boswell, MA, LAT, ATC, has developed a simple, cost-effective system that his wrestlers have used to great success. They published their process in NATA News, August 2008 issue. Here’s how it works.

Prevention

After each match:

- Wrestlers wipe their body with paper towels to soak up sweat.
- Wipe the skin clean with baby wipes to eliminate bacteria.
- Wrestlers dry themselves with paper towels

Benefits

In addition to being inexpensive, this method assures that each athlete uses a clean, single-use product that can be discarded, reducing the risk of spreading contagious skin conditions. What’s more, baby wipes are hypoallergenic, so they don’t irritate the skin like some products might.

Skin checks offered

Wrestlers needing skin checks have a convenient way to obtain them. Our sports medicine physicians offer weekly skin checks to all middle school, high school and college wrestlers. The clinics operate as follows:

1. Call the sports medicine physician referral line to schedule.
2. The staff can schedule you the same day at one of our locations in Summit and Medina counties based on location and physician availability.
3. Athletes under 18 must be accompanied by a parent/guardian.
4. Athletes must bring their insurance cards and photo ID for billing purposes.
5. All wrestling compliance issues and forms will be completed by the physician for participation.

NOTE. Skin checks must be performed by Tuesday for athletes to be eligible to compete that weekend. Any medications prescribed by the physician must be started immediately.

Call 330.835.5533 to make an appointment or visit summahealth.org/sportsmedicine for more information.