

Insert School Logo Here



## **Program for the Prevention of MRSA Transmission in Athletic Settings** **for XXXXXX School District**

Methicillin resistant *Staphylococcus aureus* (MRSA) is a type of "staph" bacteria that is resistant to penicillin as well as some other common antibiotics. MRSA commonly causes skin infections that may look like spider bites, infected turf burns, impetigo, boils, or abscesses. It is most commonly spread by touching an infected wound or by touching surfaces that have been contaminated with drainage from an infected wound.

Frequent hand washing is the best way to prevent MRSA. XXXXXX School District recognizes that it is important to have students and coaches practice good hygiene, including not sharing personal hygiene items and not participating in practices/meets with a potentially infected skin wound/lesion. A healthy environment should be maintained by routinely cleaning athletic equipment (e.g., balls, bats, rackets) and surfaces, such as benches and wrestling mats.

All athletes within XXXXXX School District are advised to report all potential skin infections to their coaches, the trainer, and/or the school nurse.

Open wounds are to be covered with a clean, dry bandage that is taped to the skin on all four sides. If a wound cannot be contained by a bandage for the duration of the activity, the athlete will not be allowed to compete.

### **General**

- All hard environmental surfaces that may come in contact with body fluids are to be cleaned (i.e., visible dirt removed) and sanitized (i.e., disinfected, or removal of bacteria) daily, if area is in use. Many commonly available cleaning products are effective against MRSA - a complete list of EPA-approved disinfectants for MRSA is available at [www.epa.gov/oppad001/list\\_h\\_mrsa\\_vre.pdf](http://www.epa.gov/oppad001/list_h_mrsa_vre.pdf).
  - A bleach solution of 1 part bleach in 9 parts water (e.g., 1 3/4 cups bleach to 1 gallon of water) will kill *Staphylococcus aureus*, as well as other (tougher to kill) disease-causing organisms such as norovirus and *Clostridium difficile*, and should be used when possible. In situations where this is impractical, a more dilute solution (e.g., 1 part bleach in 64 parts water, such as 1/4 cup bleach in 1 gallon of water) may be used to disinfect surfaces that may be contaminated with *S. aureus*. However, it should be noted that bleach solutions more dilute than 1 part bleach in 9 parts water may not kill some disease causing organisms. Another option is to use 1 part bleach in 9 parts water solution, followed by a rinse with water to remove residual bleach. Bleach solutions are to be mixed fresh daily to ensure effectiveness.
- Bleach solutions are NOT to be used to sanitize hands or for cleaning wounds.

- All floor and wall padding in athletic area(s) within XXXXXX School District are to be washed daily (if the athletic area is used).
- Separate mop heads/ buckets are to be used for each activity area, locker room, and restroom. Mop heads and buckets should be cleaned regularly.
- Towels/linens laundered on XXXXXX School District premises are to be washed with detergent at a minimum of 160°F and dried in a hot dryer.

### **Wrestling Room and Mats**

- Wall padding and benches are to be wiped-down with an EPA-approved disinfectant such as a quaternary ammonium (quat) or 1:9 bleach solution after each practice and meet.
- Mat surfaces with *small* holes or tears are to be repaired with mat tape. When mat sides are in poor condition, mats will be taped together for meets and practice.
- Mat surfaces are to be replaced promptly when there are *large* holes or surfaces are excessively worn.
- Both sides of mats are to be cleaned thoroughly before and after each use for practices and meets.
- Mop heads and buckets will be washed regularly. Consider using a separate mop head/bucket specifically for cleaning mats.

### **Weight Room**

- Weight machine padding will be inspected regularly (*specify inspection schedule and persons responsible for inspections*), and promptly replaced or repaired if punctured or torn.
- A spray bottle with disinfectant, and paper or small cloth towels, will be made available so that athletes can wipe down benches, pads, grip areas on weight bars, dumbbells, and machines, and lift belts after each use.
- Wall dispensers of hand sanitizer ( $\geq 60\%$  alcohol) are to be placed at each entry/exit. Athletes and coaches should be instructed to use hand sanitizer when entering/exiting room.

### **Locker Rooms/Shower Rooms**

- Soap dispensers are to be checked regularly to ensure that soap is present. (*specify inspection schedule and persons responsible for inspections*)
- All shower and locker room areas are to be cleaned daily (if used).

### **Sports Equipment**

- Whenever possible, equipment and clothing will not be shared.
- All shared equipment that comes in direct contact with the skin of an athlete (wrestling head gear, football helmets, etc.) is to be cleaned and sanitized after each use.

## **First Aid**

- Include alcohol-based hand sanitizer (60% alcohol or greater) in coach's first aid kit so that coaches/trainers will always be able to sanitize hands **before and after** caring for each injured player when soap and water is not readily available.
- Have disposable gloves readily available in first aid kit for use when caring for the scrapes and cuts of players. Use gloves once and then discard; wash hands or use hand sanitizer immediately after removing gloves.
- Check athletes for skin infections before practice or games/matches. Athletes with open, potentially contagious wounds may generally practice or compete IF the wound can be completely covered with a bandage (and if the player is otherwise medically fit). However, at the discretion of the school, athletes may be prohibited from participating until wounds have healed-even if wounds are covered - if extensive skin-to-skin contact may occur (e.g., wrestlers). Athletes must be kept from participating in contact sports until wounds have healed if wounds cannot be kept covered by a bandage.
- Athletes with potential skin infections are to be referred to the team physician or their own medical provider.

## **Outside Groups Using School Athletic Facilities**

- Custodians will know the schedule for outside events and be available to clean before students use any of the equipment/facilities.
- Outside groups are to use "standard school-recommended" cleaning products if they are responsible for any cleaning (e.g., wrestling mats, weight room equipment, shower facilities).