

MRSA Policy/Procedure Check List for 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.	Policy/Procedures		
	<u>Exists</u> (X)	<u>Followed</u> (X)	<u>Needed</u> (X)
Coaches and Athletes			
Athletes are reminded that washing their hands with soap and water frequently for at least 15 seconds is one of the best things they can do to prevent MRSA and other diseases. Alcohol-based hand sanitizers (60 percent alcohol or greater) are used when soap and water is not available.			
Athletes are required to shower immediately after matches, games and practices.			
Equipment and furniture that have damaged surfaces that do not allow for adequate cleaning is disposed of or repaired.			
Towels are washed and dried thoroughly.			
A scoop is used (not hands) when taking ice out of cooler to make ice packs to treat sports injuries or for use in drinks. Scoop is cleaned daily when in use and is not stored in ice cooler.			
Athletes do not have shared "drinking" water bottles; each player has his/her own water container.			
Personal items that come into contact with skin such as towels, bar soap and razors are not shared.			
Practice clothes and uniforms are only worn once, and then washed according to manufacturer's recommendations and dried thoroughly.			
Athletes are instructed to report skin abrasions, wounds and potential skin infections to a coach or trainer and the school nurse.			
The school nurse is informed of all potential skin infections.			
Athletes in contact sports cover wounds with a bandage. If an athlete in a contact sport cannot cover wounds with a bandage, the athlete does not participate in the sport until wounds completely heal.			
Wrestlers with wounds do not participate in practices or matches even if covered.			
Athletes with active skin infections do not use the whirlpool or common tub.			
<i>Notes:</i>			
First Aide			
Alcohol-based hand sanitizer (60 percent alcohol or greater) is included in the coach's first aid kit so that coaches and trainers will always be able to sanitize hands before and after caring for each injured player on the field.			
Disposable gloves are readily available in first aid kit for use when caring for the scrapes and cuts of players. Gloves are used once then discard. Hands are washed or alcohol-based hand sanitizer (60 percent alcohol or greater) is used immediately after removing gloves.			
Athletes are checked for skin infections before practice, games, and matches. Cover any wound so drainage is contained.			
Athletes with potential skin infections are referred to the school nurse or team physician and their own health care provider.			
<i>Notes:</i>			

Sports Equipment			
Shared equipment is cleaned after each use and allowed to dry.			
Equipment, such as helmets and protective gear, is cleaned according to the equipment manufacturer's instructions to ensure the equipment is not harmed.			
Locker Room/Showers			
Wall mounted soap dispensers are located in the showers.			
Soap dispensers have disposable soap unit refills.			
Locker rooms and showers are kept clean whether or not MRSA infections have occurred among the athletes. Review cleaning procedures and schedules with environmental services staff.			
<i>Notes:</i>			
Wrestling Room and Mats			
Padding along walls, benches and door pulls/knobs are wiped down with a disinfectant that is effective against <i>Staphylococcus aureus</i> (MRSA) or bleach solution (household bleach diluted 1:100 with water) routinely. Please refer to the manufacturer's recommendations for contact times for the various disinfectants.			
Mats are cleaned and sanitized after practice and matches. Before mats are rolled up, all sides of mats should be cleaned and allowed to dry.			
<i>Notes:</i>			
Weight Room			
Wall dispensers with an alcohol-based hand sanitizer (60 percent alcohol or greater) are placed at doors inside weight room.			
Athletes and coaches are instructed to use alcohol-based hand sanitizer (60 percent alcohol or greater) when entering and leaving weight room. If hands are visibly dirty, they use soap and water to wash before entering the weight room.			
Torn and worn out padding on weight machines is replaced promptly.			
Benches, supports, pads, light switches and door pulls/knobs are cleaned routinely.			
Use of barriers such as clothing or towels is encouraged on skin contact points of weight equipment (e.g. pads, grips on weights and lifting belts).			
No tape is permitted around weight bars or grips.			
<i>Notes:</i>			
Signature: _____		Date: _____	



Iowa Department of Public Health
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