

QUICK REFERENCE GUIDE

CLEANING AND DISINFECTING WRESTLING MATS



Protecting the health of student athletes is the number one priority for every district athletic program. For wrestling, a key component of this is a comprehensive plan on how to safely clean and disinfect the matting the wrestlers use. Fungal infections such as ringworm, bacterial infections such as MRSA and impetigo, and viruses such as hepatitis B and C are all risks to the health and safety of every wrestler and the wrestling program itself.

Responsibility

It is the responsibility of the wrestling coaches to ensure a program for maintaining safe matting is in place and that its protocols are followed. Coaches should be trained in the district's Bloodborne Pathogen Policy (BBP) and adhere to its directives. They should also receive training in Hazard Communication Right to Understand so that they are knowledgeable in the safe and effective use of cleaning chemicals. All wrestlers should be instructed to shower and wash their practice clothing and to report any suspicious sores or marks to their coach.

Frequency

Wrestling mats should be cleaned with a district-approved disinfectant/cleaner before or after each day of practice and before and after each day of

matches and tournaments. This disinfectant should be of sufficient strength to kill MRSA, ringworm and Hepatitis B and C. Any breaks, cracks or tears in matting should be repaired or the mats replaced as these can harbor pathogens and cannot be effectively disinfected.

Cleaning Procedure Considerations

The following are best practices that should be followed and implemented when cleaning wrestling mats:

- Dry sweep or vacuum the entire area prior to cleaning/disinfecting. If vacuuming, use a non-beater bar vacuum.
- Apply cleaner/disinfectant per manufacturer's dilution instructions using the required personal protective equipment (PPE).
- Allow the solution to remain wet on the surface for the recommended "dwell" time.
- Use dedicated mops, buckets and other equipment for wrestling mats only. This equipment should never be used in other areas of the school.
- Supplies should be thoroughly cleaned and rinsed after each use. Items should be stored suspended from the ground to allow them to properly air dry. There should be enough inventory that clean supplies are always available.
- Supplies should be on hand for spot cleaning between full room cleaning, including blood and bodily fluid clean-ups per the district's BBP policy guidelines.

By having a well-thought-out plan, having the necessary equipment on hand and ensuring protocols are followed, districts can help to keep their athletes safe and healthy and maintain a successful wrestling program.

Questions? Contact PACE Risk Management at riskmanagement@sdao.com.