

## MIAA Weight Room/Locker Room Guidelines

Team members should **wash hands when entering and leaving locker rooms**, weight rooms and other common sports activity rooms. Also wash hands before practice or competition. **Alcohol hand sanitizers** may be used instead of soap and water if hands are not visibly dirty.

Athletes should be encouraged to shower with soap and warm water after practice and competition. Locker rooms should have adequate sinks, showers, and soap supplies to **encourage good personal hygiene**. Athletes should not share personal items such as towels and razors.

**Wipe surfaces of equipment before and after use** with a disinfectant. Any item or surface that comes in contact with blood, other body fluids, or wound drainage should be cleaned immediately.

**Maintain areas with regularly scheduled cleaning**. i.e. locker rooms, weight rooms, shower areas etc...

**Cover any open wounds or sores before participating**. Make sure bandages and dressings stay in place during activities. Persons with cuts, draining sore or wounds should not participate in activities that may contaminate surfaces and equipment.

**Watch** for wounds and skin cuts among team members, and to recommend medical care if cuts appear infected. Consider excluding players with potentially infectious skin cuts until wounds are healed or can be adequately covered.