



MRSA Guidelines for Athletes & Athletic Facilities

While your athletes perform on or inside top-notch athletic facilities, it is the locker room where they dress before a game, return to during intermission of football and basketball games, and undress following games.

Take a good, hard look at your locker room facilities. Are the metal lockers rusty? Is your flooring in poor condition? How stable are the benches? Are the tiles in the showers covered in mildew? Is the locker room properly ventilated? How reliable are your washers and dryers? Does the possible presence of “staph”/ MRSA, bacteria, mold, mildew, viruses, or fungi exist? These are critical elements in maintaining a winning locker room, and more importantly, ensuring the safety and well-being of your athletes.

No one expects schools to have a locker room that rivals the Taj Mahal, but with a more proactive approach, a little ingenuity, and a cost-effective solution - having a locker room that protects the athlete’s health seems to be a worthwhile investment.

There has never been a more beneficial break-through in “Sport’s Sanitation” in the past 30 years. Finally, a product has been introduced that actually provides residual protection for your athletes from the most dangerous bacteria, viruses, fungi, and skin infections like CA-MRSA.

SpectraSan 24 contains a new patented, silver-based technology that simply ...

- Kills germs 20 times faster than traditional disinfectants.
- Kills common germs in just 30 seconds.
- Kills MRSA in just 2 minutes.
- Continues to kill bacteria and provide residual surface protection for 24 hours.
- Has the lowest toxicity rating (Category IV), assigned by the EPA.
- Safe to use on all surfaces including children’s toys.
- Does not contain bleach, alcohol, solvents, acids, or other harsh chemicals.
- Possesses more than 200 worldwide patents.
- Odorless, colorless, safe and ready-to-use.

It’s difficult to WIN when your best players are sick, have acquired a staph/MRSA infection, and/or are missing from practice and games. But it’s more than just X’s and O’s – it’s about keeping people healthy, safe, and productive.

What is “Staph”/MRSA?

Staphylococcus aureus, often referred to as “staph”, is a common type of bacteria that can live harmlessly on the skin or in the nose of 25 – 35 percent of healthy people. Occasionally, staph can cause an infection. Staph bacteria are one of the most common causes of skin infection in the United States, but most of these infections are minor, such as pimples or boils. The majority of these infections can be treated without antibiotics, however, some staph infections can cause serious infections, such as pneumonia, bloodstream, bone, and joint infections, and surgical wound infections.

In the past, most serious bacterial staph infections were treated with a certain type of antibiotic related to penicillin. In recent years, treatment of these staph infections has become more difficult because some staph bacteria have become resistant to various antibiotics. These resistant bacteria are called *Methicillin-resistant staphylococcus aureus*. According to the Centers for Disease Control (CDC) 1% of the population is colonized with MRSA. MRSA is one type of skin infection among several that are of concern in competitive sports.

Who Gets “Staph”/MRSA?

“Staph” infections, including MRSA, have been traditionally associated with outbreaks in healthcare facilities, but in recent years, they are becoming increasingly common in high school, college, and professional athletes participating in close contact sports (like football, wrestling, lacrosse etc.), although anyone, including coaches, staff, and family members who come in direct physical contact or indirectly touching contaminated objects or surfaces. This includes touching, using, and/or sharing sheets, towels, cloths, equipment, dressings, personal items, bar soap, lockers, etc. which have been used by someone who has “staph” and/or MRSA, along with poor hygiene habits (e.g. hand washing, showering, etc.).

What Does “Staph”/MRSA Look Like?

“Staph” / MRSA usually starts out looking like some type of skin or soft tissue infection such as pimples, abscesses, boils, or spider bites. Some can be red, swollen, painful, and/or have pus or other drainage. These raised red bumps may be confused with insect bites initially, and might also be associated with existing turf burns and abrasions.

What Should You Do If You Suspect a MRSA Infection?

Without proper care, more serious infections may cause pneumonia, bloodstream, bone, joint infections, and/or surgical wound infections. If anyone has what looks like “Staph” or MRSA, seek medical attention as soon as possible for evaluation. It is imperative to report the condition to the trainers and coaching staff, but above all, see a doctor. It may be nothing, but then again, it may be a serious infection. Always err on the side of safety, seek medical advice.

Can Athletes Who Have MRSA Compete/Practice?

An athlete may compete if the wound can be completely covered by a bandage that stays in place and contains drainage. The infected athlete should follow the treatment prescribed by the healthcare provider.

How is MRSA Transmitted?

Most MRSA infections are transmitted by skin-to-skin contact, but can also be transmitted through touching contaminated surfaces.

There must be a break in the skin for infection to occur, such as rug, turf, mat, or razor burns, cuts, scrapes, burns, and chapped skin.

MRSA is NOT transmitted by coughing or sneezing (droplets).

Thermal burns (cold or hot) may also be portals of entry for MRSA.

Usually the colony count on a contaminated surface decreases after 24 hours, but under certain conditions, MRSA can survive on the surface for up to a week. Note: **SpectraSan 24** kills MRSA and continues to kill the bacteria for 24 hours even if the surface is re-contaminated.

The CDC has identified “5 Cs” to avoid:

1. **C**rowding
2. Skin-to-skin **C**ontact
3. **C**ompromised skin
4. **C**ontaminated equipment, items, or surfaces
5. Lack of **C**leanliness

How is MRSA Treated?

An infection must be cultured by a healthcare provider in order to tell if it is actually MRSA. Sometimes, MRSA can be treated by an incision, drainage of the wound, and proper dressing. Some MRSA infections may require treatment with an appropriate antibiotic. Never try to treat the infection yourself by piercing it or attempting to drain it. Always seek the advice and treatment options from a doctor or healthcare provider. If a doctor prescribes an antibiotic, be sure to take all of the doses, even if the infection is getting better, unless your doctor or healthcare provider tells you to stop taking it. Do not share antibiotics with other people or save them to use later.

How Can MRSA Be Prevented?

Although treatable, there can be complications associated with “staph” and/or MRSA infections, making prevention the best line of defense in combating these infections. The CDC suggests the following measures for preventing staph and/or MRSA skin infections:

- Practice good hand hygiene by washing hands frequently and in a thorough manner with soap and warm water. When soap and warm water are not available - use a hand sanitizer.
- Shower with hot water and wash with liquid antibacterial or antimicrobial hand soap (NOT BAR SOAP) following all activities, including practice, competition, and strength and conditioning sessions.
- Do NOT share towels, equipment, clothing, razors, or bar soap.
- Use a barrier (clothing or towel) between your skin and equipment that must be shared.
- Disinfect all surfaces and equipment using **SpectraSan 24** before and after use.
- Clean and properly cover any open wounds such as turf burns, abrasions, lacerations, cuts, etc.
- Do NOT use hydrotherapy pools, whirlpools, spas, cold tubs, swimming pools, and any other common tub of water if you have an open wound.
- Do NOT ignore skin infections, pimples, abscesses, abrasions, lacerations, cuts, pustules, etc. Report these to a Sports Medicine staff member and/or a physician immediately.
- Maintain clean facilities and equipment. (Visit: www.SpectraSan.com and learn more about an amazing new patented disinfectant technology that kills germs faster than traditional disinfectants and provides residual protection. It is the only technology on the market that continues to kill bacteria for 24 hours after it is initially applied. See **SpectraSan 24**.)



Athletic Facilities & Equipment Sanitation Procedures

In order to maintain proper sanitary conditions within your athletic facilities and to prevent the outbreak of MRSA and other harmful infections, the following procedures should be in place.

**The individuals responsible for cleaning and disinfecting the facilities should adhere to Universal Precautions at all times and wear the appropriate personal protective equipment (PPE) as needed. When in doubt, always read the manufacturers product label and MSDS for product recommendations, applications, and warnings.*

Treatment & Taping Tables, Weight Room, Rehabilitation Equipment, Countertops, Stools, & Medical Equipment

All equipment must be cleaned everyday and/or following a possible contamination using **SpectraSan 24**.

- *Clean tables, equipment, countertops, stools and any other hard surface with a mild detergent solution. (Check with your BioTech Medical rep for recommendations)*
- *Spray **SpectraSan 24** ready-to-use disinfectant on the surfaces to be cleaned.*
- *Allow the solution to sit on the surface for 2-minutes and then wipe with a Micro Fiber cloth.*
- *Allow to air dry. (Do NOT rinse the surface or dry with a towel.)*

Coolers

- Coolers must be cleaned and disinfected with SpectraSan 24 everyday following use, or as needed following every possible contamination using a mild detergent solution or other appropriate cleaner.
- Coolers are to be cleaned in the following manner.
- Spray the mild detergent solution inside and outside of the cooler and inside and outside of the cooler's lid.
- Partially fill the cooler with hot water.
- Use a designated soft bristle scrub brush to thoroughly scrub the inside and outside of the cooler and the cooler lid.

- Allow the detergent solution to circulate through the cooler spigot and use clean 6" cotton tipped applicator/swab to clean the nozzle and spigot.
- Thoroughly rinse the cooler and lid using hot water.
- Allow the hot water to circulate through the cooler and spigot.
- Allow the coolers to air dry.
- Spray SpectraSan 24 on the inside and outside of the cooler and lid and allow to air dry.
- Cooler lids and tops should be placed back on the cooler during storage. Store the coolers upside down in a designated storage area. Make sure the coolers are stored in a clean and secure area.

Water Bottles, Bottle Lids, & Carriers, Pouring Pitchers, & other Drinking Containers

- Water bottles, bottle lids, carriers, pouring pitchers, and other drinking containers must be cleaned and disinfected every day following use, or as needed following possible contamination using a diluted solution of household liquid dishwashing detergent or other appropriate mild cleaner.
- All drinking containers and carriers are to be cleaned using the "3-Sink System."
- Fill sink # 1 or cooler #1 with a soapy solution of mild dishwashing detergent or other appropriate cleaner and hot water.
- Fill sink # 2 or cooler #2 with hot water only.
- Fill sink #3 or cooler #3 with an appropriate third sink sanitizer (1:10 solution of bleach and water, ¼ to ½ oz of an EPA registered quaternary ammonium disinfectant recommended for this purpose) ask your BioTech Medical rep for suggestions.
- Submerge the water bottles, lids, and carriers in sink #1 and use a designated soft bristle brush to scrub the inside and outside of all the drinking containers, lids, and carriers.
- Submerge the water bottles, lids, and carriers in sink #2 and thoroughly rinse each item.
- Submerge the water bottles, lids, and carriers in sink # 3 to sanitize.
- Store the water bottles upside down in clean carriers - allow to air dry in a designated area.
- Store the lids in a clean container especially designated and marked for lids.
- Store pouring pitchers and other drinking containers upside down in a clean designated area.

Game Ready Attachments

- Game Ready attachments must be cleaned & disinfected following every use.
- Game Ready attachments are to be cleaned using SpectraSan 24.
- Spray SpectraSan 24 disinfectant on the inner surface of the Game Ready attachment.
- Allow the solution to sit for 2 minutes.
- Wipe with a Micro-Fiber cloth and allow to air dry.

Towels

- Cloth or cotton towels should only be used on a single person and should be laundered following every use.
- Disposal towels should be used when ever feasible on the field, court, and mat and should be disposed of after each use. Do NOT reuse disposable towels.
- All Micro-Fiber clothes should be laundered daily.

Hydrocollator Packs & Covers

- A clean cloth or disposable towel should be placed between the person and the hydrocollator pack/cover.
- Disposable covers should be laundered every day and/or following a possible contamination.

Soft Goods

- Soft goods, including neoprene braces, sleeves, knee/elbow/forearm/shin pads, splints, lace-up ankle braces, shoulder harnesses, walking boot liners, cast shoes, back braces, etc. should be laundered upon return to the athletic training facility BEFORE being returned to inventory and/or administered to another athlete. Many of the soft good items can also be sprayed with **SpectraSan 24** because this is the only disinfectant that is safe to use on these types of surfaces and it will not cause irritation.
- Soft goods that cannot be laundered, including Philadelphia collars, Donjoy Velocity ankle braces, Aircast ankle braces, hard splints, etc should be disinfected with SpectraSan 24 after each use and before it is returned to inventory to be used by another athlete. The same cleaning and disinfecting procedures that are used on the Taping & Training Tables should be used on these soft goods.

Hydrotherapy, Whirlpool, Jacuzzi & Cold Tub Therapy Baths

- Whirlpools and other therapy baths should be cleaned after every single use.
- Whirlpools are NOT to be used by athletes with open or draining wounds.
- Whirlpools should be cleaned using a good neutral pH cleaner (preferably an all natural enzyme cleaner – See BioTech Medical rep) and disinfected with **SpectraSan 24**.
- Spray a hydrotherapy cleaner around the inside of the whirlpool.
- Fill the whirlpool with warm water to a level just above the pump intake.
- Add an appropriate amount of hydrotherapy cleaner to the whirlpool and using a long handle soft bristle brush, scrub all the surfaces, including the bottom, sides, and turbine.
- Turn the whirlpool on for 10-15 minutes and allow the hydrotherapy cleaner to re-circulate.
- Drain the whirlpool and rinse with hot water.
- Spray **SpectraSan 24** on the inside surfaces of the whirlpool and all touch surfaces on the outside of the unit.
- NEVER use bleach and ammonia at the same time in or around the whirlpool as this will create hazardous and harmful fumes.

Chemical Controlled Hydrotherapy Pools

- Chemical controlled hydrotherapy pools must be monitored on a daily basis as per State Regulations.
- All monitoring and water chemistry must be recorded as per State regulations.
- Chemical controlled hydrotherapy pools should be “shocked” on a weekly and/or as needed basis depending on use.
- Chemical controlled hydrotherapy pools should be vacuumed and the water-line scrubbed with an appropriate hydrotherapy cleaner every day or as needed.
- Chemical controlled hydrotherapy pools should be drained, thoroughly cleaned, waxed and polished, and refilled as per manufacturer’s directions at the end of each semester or as needed.

Ice Baths, Ice Packs, & Ice Towels

Ice is a major carrier of bacteria, viruses, and toxins. It is important to keep the ice used during practice and competitions clean and free from exposure to dirt, open wounds, and contaminated sources.

- Ice baths should only be used on a single person and should be cleaned with an effective hydrotherapy cleaner and disinfected with SpectraSan 24 after each use.

- Ice packs that are stored in a sealed plastic bag should be wrapped in a clean towel before each use. Discard disposable plastic bags at the end of the day. If using a multi-durable plastic ice pack, discard ice and clean using the guidelines for water bottles.
- Ice towels should only be used on a single person and should be laundered following every use. Clean ice towels may come from the same bucket.

Locker Room & Training Area Sanitation Procedures

Locker Room, Equipment Storage Rooms, Weight & Conditioning areas, Rest Rooms, and Shower Areas should be cleaned daily, after a contamination or on an as needed basis depending on the volume of traffic and use.

Locker Rooms

- Floors should be mopped daily with a good dependable sanitizing solution or multi-enzymatic formulation that actually digests the soil and organic matter and converts it into natural elements like hydrogen, oxygen, and carbon, which integrate naturally with the environment instead of polluting it. (A quaternary ammonium- or hydrogen peroxide-based sanitizer may all be used. Please see your BioTech Medical rep.)
- Dusting the top of the lockers and other areas that collect dust should be done daily. Brush all dust and debris to the floor.
- Sweep the floor daily or as needed depending upon use.
- Always use a clean (laundered) mop head for better results.
- Mix the appropriate amount of sanitizer per gallon of warm water.
- Mop the floor completely and walk away and allow to air dry. No rinsing!
- Change detergent solution when water gets dirty or hard to see to the bottom of the bucket.
- Exterior surfaces of the lockers, walls, and other equipment within the room should be cleaned with a mild detergent solution or appropriate sanitizer on a daily basis or at least weekly.
- After wiping down all the surfaces, simply walk away and allow to air dry. No rinsing needed.
- Spray **SpectraSan 24** on all contact surfaces, wipe with a microfiber cloth and allow to air dry.
- Fog the entire locker room with **SpectraSan 24** on a weekly basis or more often during heavy use periods or after a contamination or viral or bacterial outbreak.
- Open all locker doors and empty contents during fogging procedures.
- Set up two Fogmaster Tri-Jet foggers or similar units evenly spaced apart in the main portion of the locker room. Place one unit on a chair or elevated position and point the spray nozzle up.
- Set the second fogger unit on the floor and point the spray nozzle up.

- Fill both fogger units with **SpectraSan 24**. Do not dilute with water.
- Hook up extension cords to each fogging unit and run them to a power source in the next room or in the hallway. Set the fogger for a medium mist and allow to run for 10 minutes or until all surfaces are lightly coated with **SpectraSan 24**.
- Disconnect the power and allow 10 minutes for atomized mist to settle in the room.
- Remove the fogging units and open all doors to allow ventilation into the room.
- Vacate the room for approximately 2 hours before using it for an activity.
- Always wear a paper mask or respirator because even atomized water droplets can be irritating.
- For spot fogging, simply carry the fogger by the handle and direct the nozzle to the desired target areas. Make sure the surfaces are completely covered and moist before moving to the next area.

Rest Rooms

- Clean all sinks, fixtures, and countertops and all touch points with a mild all purpose cleaner effective on removing soap scum and mineral deposits.
- Rinse soap scum, hair and other organic matter down the drain and wipe dry.
- Follow by spraying **SpectraSan 24** on all surfaces.
- Allow to air dry.
- Toilet bowls should be scrubbed daily with a mild non-acid toilet bowl cleaner. Thoroughly clean around the interior of the bowl and under the rim. Use a toilet bowl brush to reach all surfaces.
- Allow the toilet bowl cleaner to sit in the bowl for 10 minutes and then flush.
- Clean the exterior of the toilet with a mild detergent or all-purpose cleaner and allow to air dry.
- Spray the exterior with SpectraSan 24 and allow to air dry.
- Fog the rest rooms weekly, after contamination, or as needed using **SpectraSan 24**.

Shower Areas

- Clean shower stalls, walls, floors and fixtures with a mild all-purpose cleaner designed to remove soap scum and organic material. Scrub surfaces with a soft bristle brush and allow the solution to sit for a few minutes.
- Rinse soil, soap scum, and residue down the drain.
- Spray **SpectraSan 24** on the floor, fixtures and reachable touch points in the showering area.
- Allow surfaces to air dry.
- Shower areas once a week or as needed using **SpectraSan 24**. Follow the same procedures as outlined in the Locker Room Fogging protocol.

Weight Training & Cardio Equipment Areas

- Using a moist microfiber cloth, wipe the free weights and resistant training equipment, seats, handles, arm rests, and other touch surfaces on a daily basis.
- Spray **SpectraSan 24** on all touch surfaces on a daily basis or as needed depending on use.
- Allow to air dry.
- Repeat the same procedures for all the cardio equipment, including the treadmills, Life Cycles, Spinning Cycles, Stair Steppers, Elliptical Cross Trainers, etc equipment.
- Fog the entire area once a week or as needed using **SpectraSan 24**. Follow the same guidelines as written in the *Locker Room Fogging Procedures*.

Equipment Storage Areas

- During the season, fog the equipment storage areas at least once a week or as often as needed.
- You may manually hold the fogger by the handle and direct the nozzle toward the target areas making sure to completely moisten the surface.
- Periodically, it is a good idea to set up two fogging units in the equipment storage areas and fog with **SpectraSan 24** for 10 minutes. Follow the directions on how to *Fog the Locker Room*. Make sure the door is closed and the power cords are located outside of the room.
- Allow the room to settle for approximately two hours before allowing people to re-use the facilities.
- Open up doors and allow to air dry.

Special Equipment & Playing Fields

- Wrestling mats, Aerobic, Exercise, Yoga, and Pilate mats should be routinely cleaned with a mild detergent to remove body oils and organic matter. (Contact BioTech Medical rep for suggestions)
- Simply spray the mats with a good all purpose solution and wipe them off.
- Allow to air dry. No rinsing is needed.
- We recommend fogging the mats with **SpectraSan 24** once a week, after a contamination, or on an as needed basis.
- Manually fog the mats with a hand held fogger directing the nozzle at the desired target surfaces.
- Allow to air dry.
- **NOTE:** We strongly recommend cleaning and disinfecting all wrestling mats before and after practices and competitive matches.

- Clean the mats with a mild detergent to remove body oils, fluids and organic matter and then spray with **SpectraSan 24**.
- Allow to air dry.
- Spray **SpectraSan 24** on player benches, chairs and all touch areas around the practice or playing fields.
- *Field Turf* football, Lacrosse, Soccer, and Field Hockey playing fields should be fogged a few hours before an event to provide residual protection for the athletes.
- A golf cart or lawn tractor can be used with a Fogmaster Tri-Jet Fogger on the back of the vehicle.
- Use **SpectraSan 24** and make sure that the fog completely covers all surfaces of the field.
- **SpectraSan 24** will rapidly kill 99.999% of all existing bacteria, MRSA and other germs on the *Field Turf* surface.
- **SpectraSan 24** is the only disinfectant on the market that will keep on killing bacteria, MRSA and other germs during and after the event. It not only kills most germs in 30 seconds, but MRSA in 2 minutes and then keeps on protecting for 24 more hours.