

GUIDELINES FOR INFECTION CONTROL IN ATHLETICS

In an effort to limit the occurrence of wound infections acquired or exacerbated in the athletic setting, specific guidelines have been developed. These guidelines address key components for maintaining a clean, sanitary environment, while minimizing the spread of infection (especially staphylococcal infections) among student athletes, trainers, coaches and managers, and were developed through the gathering of information during on-site visits to each of the high school athletic building facilities. On-site visits included KISD's Health Services Specialist, Environmental and Operations administrators; and campus athletic trainers and coaches.

Katy Independent School District Athletic and Physical Education Programs

Guidelines for Infection Control

POST:

- **Allergy Warning**
- **Help Prevent Staph Infections**
- **MSDS**
- **Guidelines for Infection Control**

SEND HOME:

- **Letter to Parent (beginning of school year)**
- **Information on Staphylococcal Infections School Athletic Departments: Instruction to Athletes (beginning of school year)**

RESOURCES:

- **Daily Custodial Cleaning Procedures**
- **Maintenance Department Information**

MAINTENANCE DEPARTMENT

LOCKER ROOMS/SHOWERS/RESTROOM AREA

Water and humidity:

Turn water off at faucets submit work orders to your school contact (school secretary) if leaks occur.

Keep outside doors closed to maintain conditioned spaces.

Air cleaners:

Ozone and ion air cleaners are prohibited.

Call Maintenance and Operations for approval of any air cleaning device.

Use the EPA Tools for Schools Guidance for clean air:

<http://www.epa.gov/iaq/>

DAILY CUSTODIAL CLEANING PROCEDURES ATHLETIC AREAS

LOCKER ROOMS:

High dust locker tops, ledges and vents with a lambs wool duster or triangle dust mop to prevent dust and dirt accumulation.

Clean glass and mirrors with *Star Spray* glass cleaner.

Lightly mist stools and benches with *Quat 256* and allow to dwell 10 minutes. After ten minutes, wipe with towel that has been dampened with *Quat 256* and allow to air dry.

Wipe countertops, locker fronts and other locker room fixtures with a towel that has been dampened with *Quat 256*.

Using a spray bottle of *Quat 256*, wipe down washer and dryer. Sweep behind, and around the machines.

Use *Blue* to clean doors, walls, partitions etc.

Use *Workout* for graffiti or heavily soiled areas.

Sweep or dust mop the floors and vacuum any carpeted areas.

Empty trash cans and replace liners. Clean trash cans as needed with *Quat 256*.

Place wet floor signs in the area. Damp mop floor with *Quat 256* and allow to air dry. Pour remaining solution down floor drains.

SHOWERS:

Showers must be disinfected daily. Place wet floor signs outside the shower area.

Remove any paper or debris from shower floor and clear the drains.

Using pump sprayer, spray walls, fixtures, and floors with *Quat 256*. Let solution dwell 10 minutes. Rewet surfaces with *Quat 256* and clean all areas with doodle bug pad. Rinse area with cold water. (Rinse pump sprayer as well.)

*Once a week use a pump sprayer filled with Gel Scrub on the walls, fixtures and shower floor. Let Gel Scrub dwell for 5 minutes. Rewet the area with Gel Scrub, then scrub with brush or doodle bug pad. Rinse thoroughly with cold water. (Rinse pump sprayer out as well.) Follow *Gel Scrub* cleaning with a light spraying of *Quat 256* and allow to air dry before reopening the shower area for use.

RESTROOM AREA:

Place wet floor sign at door of restroom.

Using pump sprayer, spray all sinks, toilets and urinals, inside and out with *Quat 256*. Allow *Quat 256* to dwell 10 minutes while you do other parts of your restroom cleaning.

High dust vents, ledges and tops of partitions with a lambs wool duster or triangle dust mop to prevent accumulation of dust and dirt.

Check to make sure all dispensers are working properly. Refill paper products and soap if needed.

Clean all mirrors and glass with *Star Spray* glass cleaner.

Using a towel dampened with *Quat 256*, spot clean walls, partitions, dispensers, and doors.

For graffiti or heavy soils, spray *Workout* and wipe.

Return to the sink area. Rewet with *Quat 256* if dry, then wipe down sink and allow to air dry. Use a dry towel to wipe chrome fixtures.

Return to the toilets and urinals. Clean the insides with a bowl brush. Clean external parts with a towel dampened with *Quat 256*, including outsides of toilet bowls and urinals. Allow to air dry. Using a dry towel, wipe chrome pipes and handles.

Sweep restroom floor, removing gum or items stuck to the floor with a putty knife. Place debris in trash receptacle.

Empty trash can and replace liner. Clean trash can as needed with *Quat 256*.

Damp mop floor with *Quat 256*. Outline floor then fill in with figure “8” strokes working toward the door. Allow floor to air dry.

Empty remainder of mop solution into floor drain.

Remove wet floor sign after floor is dry and restroom is ready to return to service.

Guidelines for Infection Control

Distribution of Preventive Information on Staphylococcal Infections:

Send copy of Information on Staphylococcal Infections (Instructions for the Athlete) home with each student athlete the first day of practice.

Post the document on the campus web site.

Cleaning of Facilities:

Primary cleaning product: Quat 256 Available through Maintenance and Operations

Other cleaning products: Recommended product for cleaning whirlpool tubs
Cavicide (until current supplies on hand is depleted)

Cleaning schedule:

End of each class period – training room treatment tables (after each student if body fluids are left on the surface or open wounds are treated.)

Daily – Whirlpool tubs

Weekly – Padding on Weight Room equipment

4 x Annually (twice during football season) – Emptied lockers for custodial cleaning

Laundering of Uniforms and Towels (Practice and Game)

General population of non-infected athletes: Towels, uniforms; and any other washable items are to be washed in hot water with ordinary laundry detergent, and dried on the hottest possible setting of the clothes dryer.

Athletes with diagnosed or suspected wound infection: Soiled items are to be sent home for laundering. Items not sent home must be laundered separate from the items of non-infected athletes.

Training of Student Trainers

Minimum of 2 days training to include:

Certification in Adult CPR/Standard First Aid/AED Training

Bloodborne Pathogens

Orientation to facilities, equipment, guidelines and procedures

Documentation of completed training should be signed by the student and person conducting the training, and maintained on file until superseded.

Disposal of Soiled Bandages and Sharps

Sharps containers can be ordered through District approved vendors.

Disposal of sharps containers can be done on campus by using the following methods:

Tape the sharps container closed when full, place it inside a box and tape it securely before disposing it in the trash; or

full containers can be taped closed and taken to a physician's office that has agreed to accept the filled containers.

All waste receptacles in the training room area are to be double bagged for the safe and proper disposal of contaminated bandages and first aide supplies. Red biohazard bags are not required and are not to be used.

Student Allergies

Visible signs are to be posted in the treatment area instructing student athletes to communicate any allergies they have to medicines or treatment products used in the Training Room.

Student Trainers and Trainers are to always ask the student athlete about possible allergies prior to beginning any treatment process involving the application or administration of a medicinal or non-medicinal product.

Date

Dear Parent/Guardian:

As school athletics begin each year, the School Nurse, coaches and athletic trainers see the emergence of staphylococcus aureus (commonly known as staph infections). While this condition is common to athletes, anyone can acquire a staph infection. Typically a staph infection is easily treated with a course of antibiotics; however, there has been a rise in the number of cases of staph infections found to be resistant to penicillin and commonly used antibiotics, and is referred to as MRSA or Methicillin Resistant Staphylococcus Aureus.

Attached to this letter is important information on staph infections and instructions for athletes. Please take the time to read this information and to discuss it with your student athlete.

If you notice pimples, boils, and/or any sign of infection of an open wound on your student athlete, please take him or her to your personal physician. The physician will need to culture the site if at all possible, and should be informed of any known confirmed cases of MRSA on your child's athletic team. At this time, no reports of MRSA have been reported.

To limit the spread of infection at school, the locker room facilities are being treated with a germicidal product, and the uniforms of students with suspected or confirmed infections are being sent home for separate laundering. If your student athlete showers at school, he/she should bring his/her own soap, preferably in a pump dispenser, for individual use only.

Sincerely,

TO HELP PREVENT CONTRACTING AND SPREADING
STAPH INFECTIONS

BE AWARE!

**HAND WASHING AND GOOD PERSONAL HYGIENE
ARE THE MOST IMPORTANT BEHAVIORS IN
PREVENTING INFECTIOUS DISEASE.**

Effective Hand Washing Note: Use soap, warm water, 15 seconds for wash time between fingers, under fingernails and up to the wrist.

DIRECT PHYSICAL CONTACT with wound drainage spreads infection. Sources include but are not limited to contaminated practice clothes, uniforms, used towels, shared soaps, razors, etc. It is not carried through the air and is not found in mud or dirt.

REPORT, CLEAN, AND COVER TURF, MAT AND FLOOR BURNS as soon as they are identified.

COSMETIC BODY SHAVING increases risk of infection.

Note: Micro abrasions (breaks in the skin) occur with shaving, creating a source for infection.

TOWELS AND PERSONAL ITEMS SHOULD NOT BE SHARED AT ANY TIME.

ISOPROPYL ALCOHOL is appropriate for disinfecting scissors and tweezers and other reusable materials used for wound care at home.

TAKE ALL MEDICATION even after infection seems to have healed.

STOP!

ARE YOU ALLERGIC?

Antibiotics?

Iodine?

Latex?

Adhesive Tape?

Other Products?

**Tell the Trainer or Student Trainer before
treatment begins.**

MATERIAL SAFETY DATA SHEETS (MSDS)

**SEND MSDS TO THE ASSISTANT
DIRECTOR OF MAINTENANCE &
OPERATIONS**

**ACCESS MSDS WITH YUCK-MAN
ICON ON YOUR COMPUTER
DESKTOP.**