

Wash hands and use hand sanitizer frequently.

Clean all wounds with soap and water. Keep them covered at school and in athletics.

Uniforms need to be cleaned daily.

Bring a change of clothes for athletics. They should not wear the same clothes for athletics as they wear that day in school.

No laundry should be left in lockers overnight. Some of the athletes will have days or weeks of school and athletic apparel in the locker.

Do not share any personal items (clothes, makeup, soap, deodorant, razors, towels, etc.)

Do not share equipment that comes in contact with your skin (knee pads, braces, etc.)

Cheer shoes, knee pads, braces, etc. need to be cleaned and allowed to dry at least once a week. This equipment will not do well in the drier, but will normally air dry overnight.

Football pads and helmets need to be stored in the locker so they can dry out. Not piled up in other clothing or under towels.

Locker rooms need to be kept clean. Trash needs to be thrown away. No eating in the locker room. Items should not be left out. All lockers need to be fully closed and locked at all times.

Wounds that are warm, red or getting worse need to be checked out.