

SCIAA Athletic Health Services
SCIAA 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...