



DISINFECTING WRESTLING MATS, TUMBLING MATS, AND SIMILAR SURFACES



Security & Risk Management Fact Sheet

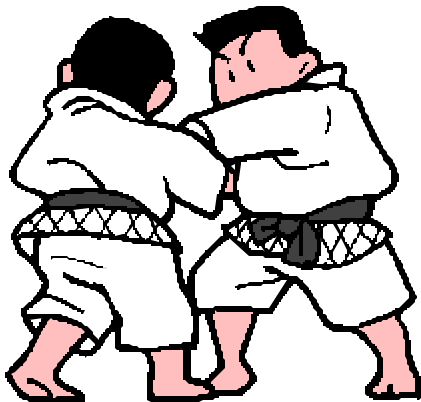
The regular cleaning and disinfecting of wrestling, tumbling and apparatus mats, wall padding, and vinyl-covered surfaces of exercise and weight training equipment is a critical deterrent to the spread of skin infections such as ringworm and impetigo. Effective spot cleaning when blood is present is required to reduce the risk of indirect transmission of bloodborne pathogens such as hepatitis B virus. The following guidelines are recommended for cleaning and disinfecting surfaces that are used regularly in organized sports activities and the physical education program:

✓ RESPONSIBILITY

Team managers, team members, or others designated by the coach normally will perform the daily cleaning and disinfecting of the sport-specific equipment (e.g., wrestling mats). Generally, this is **not** considered the responsibility of the custodial staff. The director of student activities or other appropriate administrator should designate who is responsible for cleaning and disinfecting surfaces that are used by more than one team or group. Members of the physical education staff are responsible for the proper cleaning and disinfecting of surfaces used in their programs.

✓ FREQUENCY

Clean and disinfect the contact surfaces daily or at least immediately prior to each period of use or event. Clean and disinfect both sides of reversible, portable mats. Large floor mats that are not permanently fixed to the floor should be rolled over to clean the underside at least weekly. The floor beneath the mats should be cleaned at the same time.



✓ CLEANER DISINFECTANT

Use the cleaner disinfectant concentrate (FCIN 2842-006-013) or ready-to-use product (FCIN 2842-006-014) specified in the CASPS sgssso/stck stockroom. Do not use other products without the approval of the Office of Security and Risk Management Services (OSRMS). Read the labels carefully. Follow directions closely. Measure carefully. Pay particular attention to pre-cleaning requirements, contact times, and safety precautions. Refer to the Material Safety Data Sheet (MSDS) for additional health hazard information. Change the solution as it becomes soiled to assure efficacy. Allow surfaces to air-dry before resuming use or storing.



✓ **BLEACH AS AN ALTERNATIVE**

Clean surfaces with an appropriate detergent and rinse before using bleach as a disinfectant. Mix one part household bleach (FCIN 2841-011-402) in ten parts water. Mix fresh bleach solution daily.

✓ **EQUIPMENT**

Use cloths, sponges, mops, and buckets that are reserved for this purpose only. Do not use equipment that is used by the custodial staff for other purposes. Thoroughly clean and rinse equipment after each use; allow to air dry. Hang mop head off the floor.

✓ **SPOT TREATMENT**

Use universal precautions. The cleanup of blood must be performed by an employee. Remove soil or body fluids from the surface by wiping with a disposable paper towel, then treat with ready-to-use product, aerosol foam cleaner disinfectant (FCIN 2842-006-001), or 1:10 bleach solution (see above). Wipe treated surfaces with clean paper towels or disposable wipes and allow drying.

✓ **ADDITIONAL INSTRUCTIONS**

Pay particular attention to the edges of mats that are placed together to form larger playing surfaces. Dirt and excess cleaning solution will collect in these joints. Tape used to align or secure wrestling mats should be removed before cleaning and disinfecting. Replace with new tape. Inspect the surfaces for damage. Damaged surfaces cannot be properly cleaned or disinfected; immediately discontinue their use. Replace surfaces that cannot be effectively resurfaced, patched, or repaired.

✓ **PREVENTION OF CONTAMINATION**

Exclude athletes or students suspected of having a communicable skin disease from participating in activities that would result in direct contact with equipment or other students. Under certain conditions the use of an appropriate topical ointment and covering may be sufficient to allow participation. However, a wrestler is required to provide a physician's written statement that the condition is no longer communicable and the athlete's participation would not be harmful to his or her opponent. Covering a communicable skin condition does not make the athlete eligible to participate in competition. Do not allow students to share towels or protective gear. Insist that participants keep clothing and protective gear clean. Always disinfect equipment and allow drying before storing.

For more information, visit our web site, www.fcps.k12.va.us/DGS/risk/safety/index.htm.
If you need assistance, call the safety section at 703-658-3770.