

Parent Newsletter Important Announcement

December 3, 2007

Let's Be Safe and Clean

With the rise in the number of outbreaks in the nation's schools of communicable skin conditions, such as methicillin-resistant staphylococcus aureus ("MRSA"), and with the 2007-2008 wrestling season beginning, parents and wrestlers need to remember the relatively simple steps that can be taken to avoid the spread of such diseases.

The National Federation of High School Athletic Associations (NFHS) has issued recommendations listing steps that every athletic program should take to stop the spread of MRSA and other staph infections.

Follow these easy steps to yourself:

- Immediate showering and washing of clothes and towels after practice or tournament
- Use of antibacterial or deodorant soap when showering
- Use of detergent with bleach or drying clothes on "high" setting
- Showering prior to practice or tournament and use of clean practice and match wear, which should be separated from dirty clothing when taken to and from practice or tournament
- Consistent trimming of fingernails
- Daily disinfecting of all gear including head gear, shoes and neoprene sleeves

The Wildcat coaches will also be reminding your sons of these easy steps throughout the year. The health and safety of all of our wrestlers remains a top priority to the Wildcats."

Thank you for your immediate attention to this matter.

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