

MONTGOMERY COUNTY PUBLIC SCHOOLS

GUIDELINES FOR CLEANING WRESTLING MATS

The regular, proper cleaning of wrestling mats is important in reducing the spread of skin infections, including MRSA, Hepatitis B and C, ringworm, and impetigo, among others. Timely and effective spot-cleaning of blood from mats and equipment is also an important element of an effective cleaning regimen. The following guidelines provide direction for the proper cleaning of wrestling mats and equipment.

Responsibility

It is the responsibility of the wrestling coaching staff to prepare cleaning solutions and to clean wrestling mats. Wrestling coaches must have MCPS-approved chemical safety, PPE, and bloodborne pathogen training, which includes three courses:

- 1) *Hazard Communication: Right to Understand;*
- 2) *Safety Data Sheets (GHS);* and
- 3) *Personal Protective Equipment.*

Frequency

Wrestling mats should be cleaned with an approved disinfectant/cleaner before or after each day of use. The underside of the mats, and the wrestling room floor, should be cleaned approximately each week.

Cleanser/Detergent

Only MCPS-approved cleaning products of sufficient strength to kill MRSA, HIV, and Hepatitis A and B; or a household bleach solution consisting of a 10:1 water/bleach ratio, may be used to disinfect mats. A new solution should be prepared daily. After the cleaning/disinfecting is completed, the solution should be properly discarded. Secondary containers (such as spray bottles) must be properly-labeled with the product identity and physical and health hazards. Adequate ventilation must be provided when using chemical products. Currently, there are two MCPS-approved products: Kenclean Plus and Mueller Whizzer.

Personal Protective Equipment (PPE)

Appropriate chemical-resistant gloves must be worn when preparing and using chemical cleaning products. When performing any tasks that might involve splashing (such as preparing diluted mat cleaner, spraying chemicals, or rinsing equipment) goggles must also be worn. Additional PPE should be worn, as needed, to prevent chemical exposures.

Labels/Instructions

Make certain to read labels carefully, and to follow instructions. This includes proper mixture ratios, pre-cleaning requirements, drying time, etc.

Cleaning Supplies

Separate cleaning supplies should be available for the exclusive purpose of cleaning wrestling mats, including: buckets, sponges, mops, sprayers, etc. Cleaning supplies must be thoroughly cleaned and

rinsed after each use. Items should be stored suspended from the ground in order for them to properly air-dry. Cleaning chemicals must be stored in locked closets, rooms, or cabinets. Safety data sheets (SDSs) for all chemical products must be kept available for all staff to review.

Blood Clean-up

Universal precautions must be employed (see attachment) and may be performed only by an employee with appropriate chemical safety, bloodborne pathogen, and PPE training. Approved Clorox Wipes or a 1:10 bleach solution may be used. Disposable wipes or clean paper towels should be used and disposed of immediately after use. Spray bottles must be clearly marked with warnings of their content.

Hygiene/Clothing/Individual Equipment

Diligent hygiene and daily washing of clothes are important elements of an effective wrestling cleaning regimen. Wrestlers should be instructed to shower and wash practice clothing after every practice, and to report any suspicious sores or marks to the coach.

Headgear/Equipment

Headgear and miscellaneous equipment may be disinfected using an MCPS-approved substance, including Clorox Wipes or a 1:10 household bleach solution. Follow instructions, and ensure no cleaning chemical residue remains on the headgear/equipment after cleaning and disinfecting.

Blood, Body Fluid Exposure

Post-exposure medical evaluation and follow-up is available, at no cost, to any employee who experiences a blood-exposure incident. A blood exposure incident is a specific eye, nose, mouth, other mucous membrane, non-intact skin, or parenteral (piercing) contact with blood or other potentially infectious materials resulting from the performance of an employee's duties.

- Any employee who experiences an exposure incident must notify his/her supervisor immediately.
- The supervisor must call in a "First Report of Injury" to CorVel (Montgomery County claims reporting program) at 1-888-606-2562 within 24 hours of the incident.
- The supervisor, or a facility administrator, should contact Systemwide Safety Programs at 240-314-1070 if assistance is needed.
- The employee should contact one of the two MCPS-contracted clinics listed below (within 24 hours) to receive a post-exposure medical evaluation and follow-up interview.
 - Medical Access, 12321 Middlebrook Road, Germantown, Maryland 20874, 301-428-1070
 - Concentra Urgent Care, 803 Russell Avenue, Gaithersburg, Maryland 20879, 301-869-0700
- The employee must complete [MCPS Form 230-33: Bloodborne Pathogens Post-Exposure Report](#), as soon as possible, and provide a copy to the examining physician. Additional copies must be provided, within five days of the incident, to the Employee and Retiree Service Center (ERSC) and to Systemwide Safety Programs. The employee must also provide the examining physician [MCPS Form 230-34: Health Care Professional's Written Opinion Form](#), which must be sent by the physician to Systemwide Safety Programs.