



Centers for Disease Control and Prevention

CDC 24/7: Saving Lives. Protecting People. Saving Money through Prevention.

Prevention of MRSA Infections in Athletic Facilities

Improve Hygiene Among Athletes

- Refer athletes to the [Information & Advice for Athletes \(../groups/advice-for-athletes.html\)](http://www.cdc.gov/nczod/diseases/zoonotic/mrsa/athletes.html) page.
- Make sure supplies are available to comply with prevention measures (e.g., soap in shower and at sinks, bandages for covering wounds, hand hygiene such as alcohol-based hand rubs).
- Enforce policies and encourage practices designed to prevent disease spread. Make sure athletes:
 - keep wounds covered and contained
 - shower immediately after participation
 - shower before using whirlpools
 - wash and dry uniforms after each use
 - report possible infections to coach, athletic trainer, school nurse, other healthcare providers, or parents.

Cleaning & Disinfecting Athletic Facilities

Detailed information can be found on the [Cleaning & Disinfecting Athletic Facilities for MRSA \(../environment/athleticFacilities.html\)](http://www.cdc.gov/nczod/diseases/zoonotic/mrsa/athleticfacilities.html) page.

Excluding Athletes with MRSA Infections from Participation

- If sport-specific rules do not exist, in general, athletes should be excluded if wounds cannot be properly covered during participation.
 - The term "properly covered" means that the skin infection is covered by a securely attached bandage or dressing that will contain all drainage and will remain intact throughout the activity. If wounds can be properly covered, good hygiene measures should be stressed to the athlete such as performing hand hygiene before and after changing bandages and throwing used bandages in the trash.
- A healthcare provider might exclude an athlete if the activity poses a risk to the health of the infected athlete (such as injury to the infected area), even though the infection can be properly covered.
- Athletes with active infections or open wounds should not use whirlpools or therapy pools not cleaned between athletes and other common-use water facilities like swimming pools until infections and wounds are healed.

Additional Resources:

- [For Athletes: Information and Advice \(../groups/advice-for-athletes.html\)](http://www.cdc.gov/nczod/diseases/zoonotic/mrsa/athletes.html)
- [For Coaches & Athletic Directors: Information and Advice \(../groups/advice-for-coaches.html\)](http://www.cdc.gov/nczod/diseases/zoonotic/mrsa/coaches.html)
- [For Team Healthcare Providers: Information and Advice \(../groups/advice-for-team-healthcare.html\)](http://www.cdc.gov/nczod/diseases/zoonotic/mrsa/teamhealthcare.html)

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