



Keep your wrestler and all of the wrestlers healthy!!

****Please do not bring your child to practice if they are sick****

There are many steps we all can take to keep our kids healthy! Wrestling is a very hands on sport, and the kids are in very close contact with one another. One of the main steps that is a requirement for all wrestlers is to maintain good hygiene. It is crucial that your child bathes daily and after practices/tournaments. HOT SOAPY showers and clean clothes and singlets will help prevent ringworm and other contagious infections. We ask that you please take the initiative to do this to keep from having any uncomfortable or embarrassing conversations. Also- please be sure to make it a habit to wipe down head gear with a quality disinfectant.

In the event that your child has contracted anything, KIWC is asking that you report it as soon as possible. All cases will be handled in a confidential manner. The KIWC board will then be able to provide teaching materials and alerts to other parents if the need arises. In some cases a signed note from a physician may be needed to return to practices/tournaments.

If your child has developed symptoms of any kind that you are concerned about, PLEASE KEEP THEM HOME!! We all need to work together to ensure we all are safe and healthy!!

Note: If you purchased a singlet with us be sure to wash it by hand or in the washer but DO NOT PUT IT IN THE DRYER- LINE DRY ONLY. (Heat reduces wear.)

Any questions or concerns please feel free to contact a KIWC board member.