



Barnstable High School Girls Ice Hockey

LOCKER ROOM HYGIENE GUIDELINES

- Players must keep hands clean with soap and water or use an antibacterial hand sanitizer at all times after using bathroom and after all games and practices including off-ice conditioning
- Players should avoid sharing towels, razors, and other personal items that come in contact with bare skin
- Inform coaches of any kind of skin infections
- Treat all infections with appropriate first aid techniques
- Use disinfectants in the locker room to reduce the spread of bacteria
- Take your clothing and equipment home on a regular basis for cleaning