

Highland Park Athletic Department

Johnny Ringo – Athletic Director
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August 30th, 2019

Dear HPISD Athletic Parents:

I want to pass along this information from the National Athletic Trainer's Association concerning the prevention and management recommendations for MRSA/staph infections.

- 1) **Shower immediately following activity. This is the best way to prevent infection.**
- 2) Keep hands clean by washing thoroughly with soap and warm water or using an alcohol-based sanitizer routinely.
- 3) Avoid whirlpools or common tubs when an athlete has open wounds, scrapes, or scratches.
- 4) Avoid sharing towels, razors, or daily athletic gear.
- 5) Properly wash athletic gear and towels after use.
- 6) Maintain clean facilities and equipment.
- 7) Refer to appropriate health care personnel all active skin lesions and lesions that do not respond to initial therapy.
- 8) Administer or seek proper first aid.
- 9) Care for and cover skin lesions appropriately before participation.

HPISD athletic policy **requires** all athletes to shower after A.M. workouts and/or 1st/4th/5th period practices and **strongly encourages** athletes to shower after 8th period/P.M. practices.

Sincerely,

A handwritten signature in cursive that reads "Johnny Ringo".

Johnny Ringo
Athletic Director
Highland Park ISD

Cc: HPISD Coaches
HPISD Athletic Trainers